

August
2015

the guidepost



From the Pastor's desk...

"For everything there is a season, and a time for every matter under heaven...a time to build up." Ecclesiastes 3 (selected verses)

Dear Friends,

These are busy times at Guilford Park with lots of exciting ministry happening, even during the summer.

The new church ramp at our main entrance is marvelous and it's so easy for people in wheelchairs and walkers to get in and out of the church now. Thank you to the Property Committee, especially Ralph Lawrence, Chairperson, for their diligence with this project, and to church member, John Wall, who provided the architectural plans, for their excellent work.

We had a marvelously successful Vacation Bible School with more than 70 children participating. Many thanks to all the volunteers and staff, but especially to Nicole Purdie, VBS director, and to Kim Row, Christian Educator, for their leadership. Our youth have gone on several excellent trips this summer as well.

As you are probably aware, someone (not one of our members) accidentally crashed a car into the church's outdoor sign and a couple of trees on the Lawndale side of the church a few weeks ago. Thus, we are installing a new digital sign (tastefully surrounded by brick work) as soon as possible. Fortunately, in addition to money in the Property Fund, we have already received two donations totaling \$10,000 towards this purchase, money from the insurance settlement, and we anticipate a small donation from the GPPC Pre-school in the fall.

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**SUNDAY SCHOOL
KICK OFF 2015**
Sunday, August 30
More Info inside pg. 8

The session has also approved renovations to the sanctuary. After consultation with the Worship Committee, the Property Committee, the Liturgical Arts Ministry, the Finance and Stewardship Committee, and the staff, the session has voted unanimously to replace the pew cushions with new, much more durable material and to replace the worn carpet in the sanctuary with wood laminate flooring and to pull up the carpet in the chancel (the area around the organ, choir loft, lectern, and pulpit) so that we can refinish the existing hard wood underneath. As I recall, the idea of moving away from carpet to wooden floors was first raised by Dr. Bill Allred, and it has been enthusiastically endorsed by the church's leaders for several reasons. 1. The hard surface will make our choirs, instrumentalists, and organ sound louder and better. 2. The wood laminate is beautiful, very easy to maintain, almost indestructible, only slightly more expensive than carpet and much less expensive than carpet when factoring in how long it will last. 3. In the process of measuring for the changes, we have also discovered that our pews are too close together based on building codes. So as we renovate we will remove two pews on each side and grant several more inches of moving/breathing space between pews. Not only is the sanctuary going to look great and sound great, it will also be much more comfortable to worship in.

Possible questions you may have. 1. What about clicking heels as people walk into the sanctuary? Answer: if we need to, we'll add a strip of carpet down the center aisle. 2. How will this be paid for? Answer: existing funds. 3. When will the work be started? Answer: Probably near the end of August. 4. How long will we have to worship in the Fellowship Hall while work is taking place? Answer: Probably two weeks. If you have other questions, please speak to Ralph Lawrence, Barbara Sasser, or me.

In other news, you may remember the session adopted SMART (**S**pecific, **M**easurable, **A**chievable, **R**elated-to mission statement, **T**ime-bound) goals a couple of years ago. These goals were embraced after several months of congregational small group meetings that included prayer, Bible study, research, reflection, and congregational input. We then publicized the SMART goals in the newsletter, in booklets in the pews, and on our church website. I'm pleased to tell you that with

the formation of our Peacemaking and Justice Committee, (Melanie Rodenbough was unanimously elected by the session to be its first moderator) all of those goals have been completed or at least attempted, and in some cases, exceeded. Take a look at the website under SMART goals, and you'll see just how far we've come. Congratulations and thank you for your faithful ministry!

What's next? We won't rest on our laurels. We need to start planning and working on new goals. So you'll be hearing about more small group meetings in the near future, but please begin praying now and asking God to grant us discernment of God's vision for GPPC, as well as the energy and commitment to reach that vision.

A few upcoming dates to mark on your calendar:

Sunday, August 9, we'll recognize our high school seniors (one last time) as they head off for college.

Sunday, August 30, is our Sunday School Kick-off.

Like many of you, I've done some reading this summer. It took a while to get into it, but I do recommend the WWII novel, *All the Light We Cannot See* by Anthony Doerr. In October, one of the Bryan Lecture Series speakers will be Dr. Atul Gawande. His book on aging and end-of-life issues, *Being Mortal*, is excellent, and an especially important resource for older adults and their children.

Blessings and peace on the journey,

Jeff



The Goal

Walk approximately 10,000 steps each day between September 1 and December 25 as a group of 15-20 people to travel the 7500 miles between Guilford Park Presbyterian Church and Bethlehem of Galilee. While you're walking, study and pray with the rest of the congregation using our daily Walking Guide, written by members of the congregation.

How to Do It

***Step 1: Practice walking.**

Track your steps and work up slowly to between 8,000 - 10,000 steps.

***Step 2: Write a devotion.**

Sign up to write a short devotion (or two!) for the Walking Guide on the Adult Education bulletin board. There are a lot of blank spaces!

Step 3: Join a walking team (or two!).

Form groups of 15-20 people to complete the walk. The larger the group, the less steps needed per person, per day. Use the groups you're already a part of like choirs and circles. You are welcome to be a part of more than one group- your steps count the same in each group. Each group should pick a team leader who will combine and record the team's steps each week.

It only takes 13 people walking 10,000 steps a day to reach Bethlehem by December 25.

Step 4: Pick up the Walking Guide.

Grab your Walking Guide on the information table in the Gathering Area, download it from the web, or download the Walk to Bethlehem app that's coming soon. The Walking Guide will be published a month at a time. September's devotions will be available near the end of August.

Step 5: Track Your Steps.

Beginning Tuesday, September 1, begin writing down the number of steps (and step conversions) using the Step Journal. Report in to your team leader at the end of each walking week (Tuesday-Monday), so all the steps will be recorded.

**Steps 1 and 2 will take place before the Walk to Bethlehem begins.*

Walk to Bethlehem– Frequently Asked Questions

Question: Why 10,000 steps?

Answer: The goal of walking 10,000 steps is recommended in more places than just the Fitbit or Jawbone (exercise trackers). The Surgeon General has advocated for Americans to increase their exercise levels since 1996 to help combat our rapidly growing obesity problem. The recommendation is to get 30 minutes of exercise a day. Shape Up America, 501(c)3 not-for-profit organization committed to raising awareness of obesity as a health issue and to providing responsible information on healthy weight management, notes that “For weight management, studies suggest that walking 10,000 steps a day is the right activity ball park to be in.”

Question: Do I have to walk 10,000 steps all at once?

Answer: No. Use your regular activities throughout the day. Instead of picking up the phone to talk to a co-worker, walk down the hall. Take the stairs instead of the elevator. Park farther away at the grocery store. March in place while fixing lunches or brushing your teeth. And yes, you’ll probably need to do a block or two of walking throughout the day to accomplish the goal.

Question: If I have a group of 15 people and we don’t hit 10,000 steps everyday, will we be able to reach the goal?

Answer: Yes! It actually only takes 13 people walking 10,000 steps (five miles) a day to reach Bethlehem in our time frame. It takes 22 people walking 6,000 steps (3 miles) a day to accomplish the same goal. If you have a group between 15 and 20 people, there’s naturally some padding in there for rainy days.

Question: How do I get a multiplier?

Answer: Janet Dawson, our Congregational Nurse, will set up some times to meet with folks.

Question: I know that I’m walking/exercising the right amount for myself, but I’m not hitting the 10,000 step goal. I’m not physically unable, but I don’t want a multiplier. What then?

Answer: We trust you to know what’s right for yourself and your body. For the purposes of this program, if you are pushing yourself and getting around 30 minutes of exercise on top of your regular daily activities (or if you have very active daily activities), go ahead a log 10,000 steps. Feel free to talk to Nurse Janet if you have any questions or concerns.

Question: I’m not walking 10,000 steps, but I want to be. Right now, I’m only walking 5,000. How do I get to 10,000?

Answer: First thing, if you haven’t already, buy a simple pedometer from a drug store. They are relatively inexpensive. Second, track your number of steps for a week or two and find the average. Each week (to two weeks), try adding another 500 steps until you reach your goal. (There’s a reason we’re telling you about this in July!)

Question: I want to know more about walking 10,000 steps than just what you’ve told me. Where should I go?

Answer: Check out websites like:
<http://shapeup.org/10000-steps/>
<http://www.pbs.org/americaswalking/health/health20percentboost.html>

More information on:

How to form a group and officially sign up for the program

How to track steps individually and as a group

Converting other types of exercise you already participate in

The companion “Walking Guide” devotion book

And more...

will be in the September Guidepost Newsletter.

WALKING

It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you:

1. It strengthens your heart.

Regular walking has been shown to reduce your risk of heart disease and stroke. It lowers levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol and keeps blood pressure in check.

"Anything that raises your heart rate and gets your blood pumping is a workout for your heart and circulatory system," says personal trainer Stuart Amory. According to the Stroke Association, walking briskly for up to 30 minutes can help prevent and control the high blood pressure that can cause strokes – reducing your risk by up to 27 per cent.

2. It lowers disease risk.

As well as heart disease, a walking habit can slash your risk of developing **type 2 diabetes**, asthma and some cancers. A study in the *British Medical Journal* showed taking more steps every day can help ward off diabetes. And according to the charity Walking For Health, regular exercise such as walking could reduce risk by up to 60 per cent. Those of us who are active have around a 20 per cent lower risk of developing cancer of the colon, breast and womb than those least active.

3. It keeps weight in check.

"If you're trying to lose weight, you need to burn about 600 calories a day more than you're eating," says Amory. "Putting one foot in front of the other is one of the easiest ways to do that." A person weighing 60kg burns 75 calories simply by strolling at 2mph for 30 minutes. Increase that to 3mph and they'll burn 99 calories. Speed it up to a fast walk (4mph) and that's 150 calories – the equivalent of three Jaffa Cakes or a jam doughnut. "Walking also increases muscle mass and tone and the more muscle you have, the faster your metabolism – so the more calories you burn, even at rest," he adds.

4. It can help prevent dementia.

Dementia affects one in 14 people over 65 and one in six over 80. We know being active has a protective effect on brain function and regular exercise reduces dementia risk by up to 40 per cent. And, according to Age UK, older people who walk six miles or more per

week could avoid brain shrinkage and so preserve memory as the years pass.

5. ...and osteoporosis, too.

"Walking counts as a weight-bearing activity," says Amory. "It stimulates and strengthens bones, increasing their density – really important, especially for women. It also helps maintain healthy joints so may stave off conditions such as arthritis."

6. It tones your legs, bum – and tum.

A good walk can help strengthen and shape your legs, giving great definition to calves, quads, hamstrings and lifting your glutes (buttock muscles) – especially if you add hills. But if you really pay attention to your posture as you walk, it can tone your abs and whittle your waist, too. Fitness expert **Joanna Hall** is founder of the Walkactive method of 'conscious' walking for better posture and overall fitness results. She says: "Think about lengthening up through your spine to create space between your earlobes and shoulders. Relax your shoulders, pull in your tummy and pelvic floor and imagine you have a cup of water balanced on top of each hip bone that you don't want to spill. As you walk with this posture, your shoulders will naturally rotate and this works your oblique abdominal muscles – you'll be taking inches off your waist with every step." Check out these

7. Let's not forget your arms.

"Your speed when walking comes from your arms," says Hall. "Hold them at a comfortable level, bent at the elbow, and swing them backwards and forwards as you walk. Swing them faster and you'll automatically speed up. And all this movement tones your arms, shoulders and upper back." Bye bye, bingo wings!

8. It boosts your vitamin D levels.

If you're walking outside in daylight, you'll be boosting your body's stores of **vitamin D** – a nutrient that's hard to get from food, but that we can synthesise from exposure to sunlight. Many people in the UK are deficient in vitamin D and it's a nutrient that plays a big role in everything from bone health to immunity. While sun safety is still important, experts agree that exposing as much skin as you can to the sun, little and often and without burning, will help you to produce sufficient vitamin D.

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Fellowship

ALMANAH WOMEN (widow support & fellowship)
Lunch: on Wednesday, August 12 at 12:30 p.m. Bus leaves GPPC at 12 p.m. **Movie:** Tuesday, August 25 at 1:00 p.m. in the Parlor.

THE GUILFORD TRAVELERS (adult travel group) is going to Dempsey's Place. Dempsey Essick Art Gallery and Gift Shop, Welcome, NC on Wednesday, August 19. Leaving the church at 10:00 a.m. See the Fellowship board for more Information on our upcoming trips.

GEEZERS' BREAKFAST All men 55+ are invited to join us at Oakcrest Restaurant for good food and fellowship. Wednesday, August 19 at 8:30 a.m. acquainted with others, and enjoy the company of long time friends.

Thank You's

Thank you so much for your thoughts, cards, and prayers. Guilford Park is a very caring congregation. Sincerely, Margaret Foltz

I'd like to thank all the friends at GPPC who expressed their sympathy last month when I lost my brother. Soon after this loss I had knee replacement surgery and have received many wonderful cards and mouth-watering food to help Harold with meals. We are doing okay now and are anxious to move on with rehab. Sincerely, Ann Shelton

Dear Family of Friends,
Thank you for all the caring and concerns you shared with the two of us during our 'health adventures' of the last 9 months. We have appreciated each thoughtful attention shown to both of us, especially the visits and prayers from the "4 J's": Jeff, Jo, Janet, and my own John's love to me. Special thanks to our daughter Tara and our sons Shawn, Skye, Scot and all their phone calls, flowers, visits and help in the house. We especially enjoyed singing carols with the church Carolers last December. We have overcome nearly all our health concerns and hope to see you soon.
Love, John and Tish McKenzie

Mission



HOT DISH AND HOPE
(serving food to the homeless)
Tuesday, August 11 at 5:15 p.m at First Presbyterian Church. Sign up sheet is on the Mission board.

Please contact Peter Isakoff at 757-478-3144, peter.isakoff@gmail.com or Leslie Isakoff at leslie.isakoff@gmail.com.

INTERACTIVE RESOURCE CENTER

The Interactive Resource Center (IRC) is an innovative day resource center for people experiencing homeless or trying to keep from becoming homeless in Guilford County. We provide a bag lunch on the 3rd Tuesday of each month to the IRC patrons who are currently enrolled in job training classes. There is a sign-up sheet on the Mission board each month. Please call Marti Randall at 336-854-3385 with any questions.



HELP WANTED! Toiletries Needed! Donate today! In preparation for our November mission trip to Washington DC, the mission committee would like to start collecting the following items for one of service projects at Charlie's Place: (charliesplacedc.org)

Tylenol/aspirin/ibuprofen
Toothbrush/paste
Small packs of Kleenex
Small travel size Q-tips
Feminine Products
Razors
Combs
Band-Aids

There will a basket set up in the Narthex labeled DC Mission Trip where items can be dropped off. The trip is scheduled for November 4th-8th with a mid-September signup deadline. Please look for further trip details in the September Guidepost, posted on the Mission Committee bulletin board, see Lisa Jones, or ask anyone on the Mission Committee. Along with your donation, please consider the gift of your time and sign up for the trip. It is a wonderful opportunity to serve outside of our community, enjoy fellowship, and walk the walk!

Children and Youth

KIDSJAM

August 30

Blessing of the book bags, 9:00 a.m. worship
Sunday School Kick-Off, gather in the Fellowship Hall at
10:00 a.m.

Blessing of the book bags, 11:00 a.m. worship

Make sure you are on the email list in case of a pop-up pool event!

For more information on these 3-5 grade fellowship activities, check the children's bulletin board or contact Suzi Shackelford (suzishackelford@gmail.com) to get on the email mailing.

YOUTH

August 30

Blessing of the book bags during the 9:00 a.m. and
11:00 a.m. services
Sunday School Kick-Off, gather in the Fellowship Hall at
10:00 a.m.

Sunday School Kick-Off, in the Fellowship Hall, 10am
For more information on youth fellowship grades 6-12 please check the youth bulletin board or contact Kim Row (krow@guilfordpark.org) to get on the email reminder and updates list.

NEW CURRICULUM FOR CHILDREN AND YOUTH

The Presbyterian Publishing House has written new curriculum for children and youth. GPPC will be using this new curriculum starting in the fall. All teachers for children and youth are encouraged to come to a training session during the Sunday school hour on one of the following Sundays: August 9, August 16 or August 23. You only need to come to one session. You will pick up your teacher's books there. Contact Kim Row, krow@guilfordpark.org, for more information.

CALLING ALL TEACHERS!

You are invited to a wonderful half day training event on September 12. *The Hopeful Church* collaborative learning event will be a time to pick-up tips, exchange ideas and learn from others ways to make your Sunday School teaching ministry more successful. Come get motivated for the new school year with us. We want to load the church van! 9:00 a.m. to noon on Saturday Sept. 12. Educator of the year Kathy Dawson will speak. Please let Kim (krow@guilfordpark.org) or Jo (jnowen@guilfordpark.org) know if you want to go. Seats are limited to 15 on the bus.

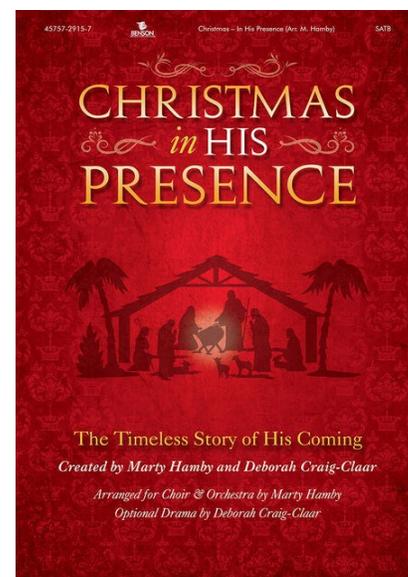
Music

It's in the 90s with high humidity so..... it's time for CHRISTMAS music again!!!

This year, the **YES Praise Ensemble** will be doing something quite special. We'll be presenting "Christmas in HIS Presence". This is a complete Christmas cantata telling the story of the coming of Jesus. This is sure to be a powerful and uplifting special Christmas music service that all will enjoy. Please mark your calendars to come hear lots of great music with "The Timeless Story of His Coming".

"Christmas in His Presence" will be presented at our 9:00 a.m. worship service on December 20th.

If you would like to join in singing this special music with us, please contact Brian Fitts at bfitts@elon.edu or call 336-509-8165.



SUNDAY SCHOOL KICK-OFF

and

Open House 2014

Sunday, August 24th

Everyone welcome to celebrate with us!

9am Blessing of the book bags/contemporary worship

Bring your bookbag

10am- Gathering in the Fellowship Hall

Donuts and juice provided

Activity stations sponsored by CYMC

Sing along

Learn about classes for adults and children

Hear from the church nurse

Meet our Sunday School teachers - Visit the classrooms

11am-Blessing of the book bags in traditional worship

Bring your bookbag



August Birthdays

1	Mike Bivona	18	Paul Stiles
1	Bill Fuller	20	Sam Key
1	Whitney Reese	20	Elizabeth Rucker
2	Logan Key	21	Rachel Jones
2	Ashlyn McClellan	21	Ross Beale
3	Lilly Cox	22	Pamela Hyatt
3	James Merritt	22	Dylan Lewellyn
4	Caroline Askew	24	Burl Hull
7	Mary Best	25	Douglas Berg
8	Maria Boulton	25	Kregg Kinnear
8	Vance Hooper	26	Michael Keel
8	Don Yelton	26	Vernon Mull
9	Catherine Owens	26	Patricia Sink
10	Patsy Archer	27	Laura Harrington
10	Joan Gardner	27	Sydney Keel
11	Brandon Inscore	28	Jennifer Fannin
13	Katie Sasser Ewing	29	Violet Gordon
14	Cameron Parker	29	Will Thompson
15	Sara Babcock	29	Laura Clifton
15	Jackson Kirkpatrick	29	Allen Ward
15	John Parker	30	Grace Arnett
16	Bridgett Mitchell	30	Taylor Owens
18	Chris Matthews	31	Lillian Barnes
18	Alexander Biaggi		

Address Changes

New Email Address

Carolyn Drew: tunesterper@gmail.com

Steve Drew: sddrew1701@gmail.com

Marti Randall: randall.marti@yahoo.com

Congregational Nurse (continued from page 5)

9. It gives you energy

It might seem like a paradox (and the last thing you might feel like) but a brisk walk is one of the best natural energizers around. It boosts circulation and increases oxygen supply to each and every cell in your body, helping you to feel more alert and alive. It wakes up stiff joints and eases muscle tension so you feel less sluggish. Always have a mid-afternoon energy slump at work? Head out for a walk at lunchtime instead of sitting in a café or at your desk and see what a difference it makes.

10. It makes you happy

The ability of exercise to boost mood is undisputed. Studies have shown regular, moderate-intensity exercise (such as brisk walking) to be as effective as antidepressants in cases of mild to moderate depression. Getting active releases feel-good endorphins into the bloodstream, reducing stress and anxiety. And don't forget it's often a social activity – joining a walking group or meeting friends to walk and chat is a great way to banish feelings of isolation and loneliness. A survey by the charity Mind found 83 per cent of people with mental health issues look to exercise to help lift their mood. For greatest benefit, they say, get active outdoors and somewhere green.

Instant Church Directory App

Now you can sync the GPPC directory right to your iPhone, iPad, iPad Mini, Android device or Kindle Fire!

Members can search for a family or member, and then email, call or text — right from their device. Plus any change you make to the online directory is immediately synced with their device.

Where to download the app

To download the app, click the appropriate image for your device:



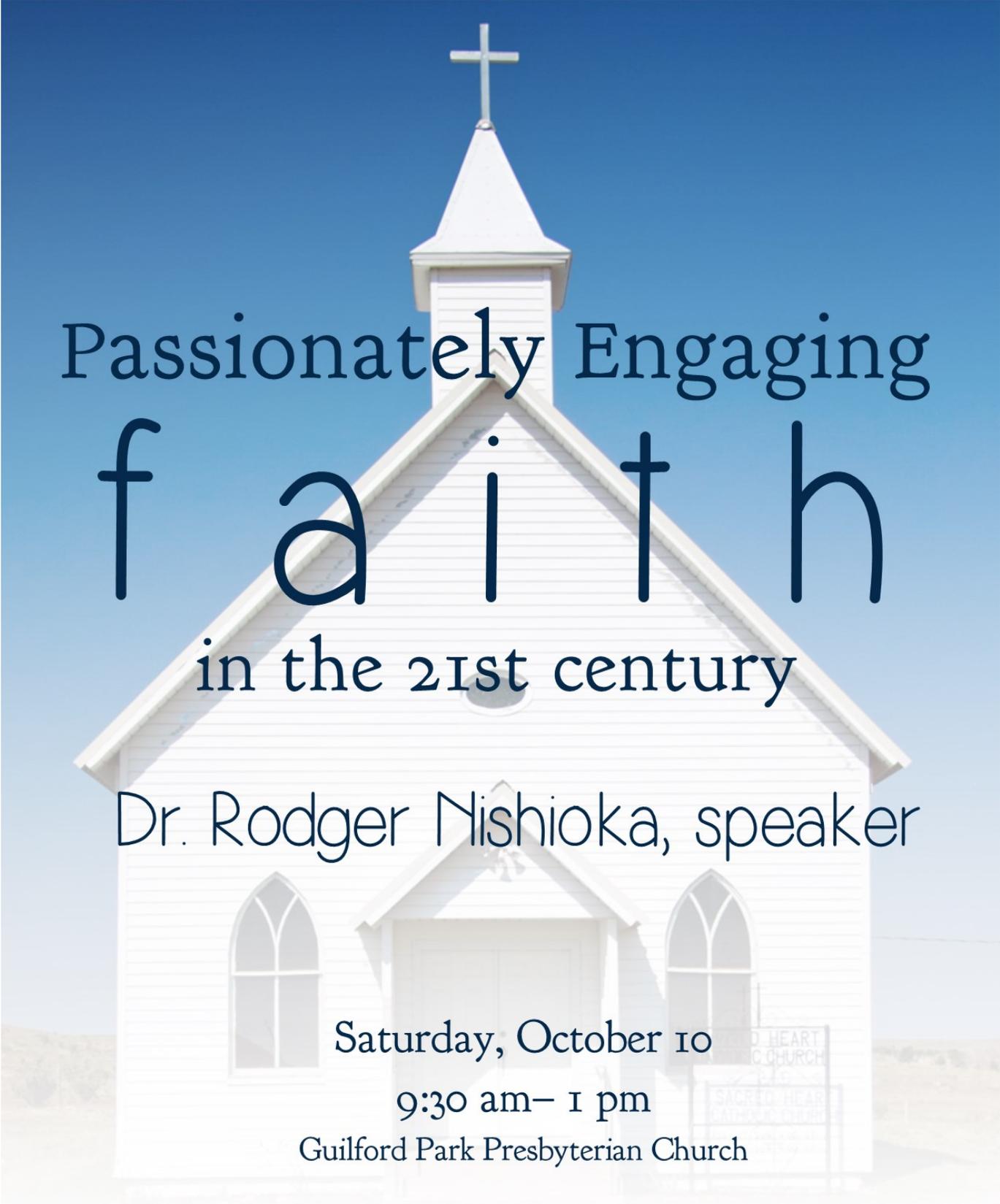
Enable Mobile App Access

To enable the app feature for your members:

- Log in to your Account
- Choose Step 6 - Settings
- Enable Mobile App Access

Who has access

You're worried about security and privacy, and so are we. Members have to register each device and directories can't be shared. Further, only members you authorize can gain access and directories are automatically "wiped" from all their devices if you revoke access.



Passionately Engaging
faith
in the 21st century

Dr. Rodger Nishioka, speaker

Saturday, October 10
9:30 am– 1 pm
Guilford Park Presbyterian Church

2100 Fernwood Drive | Greensboro, NC 27408 | www.guilfordpark.org

Financial Update

JUNE WEEKLY GIVING

Date: 06/07/15

Pledges-General Fund	\$7,845.00
Non-Pledge Gift	\$375.00
Loose Offering	\$85.00
Deacons' Fund	\$50.00
Memorial Fund	\$2,050.00
Pentecost Offering	\$200.00

Date: 06/14/15

Pledges-General Fund	\$7,240.00
Non-Pledge Gift	\$500.00
Loose Offering	\$93.00
Memorial Fund	\$345.00

Date: 6/21/15

Pledges-General Fund	\$5,462.25
Non-Pledge Gift	\$360.00
Loose Offering	\$85.13
Memorial Fund	\$70.00
Pennies For Hunger	\$50.00

Date: 06/28/15

Pledges-General Fund	\$7,627.00
Non-Pledge Gift	\$560.00
Deacons' Fund	\$141.00
Memorial Fund	\$25.00
Pennies For Hunger	\$103.46



PLEDGE ONLINE

Give to GPPC online. We have a PayPal button on our website. There, you can make your regular pledge payment, memorials, contributions, and any other gifts. You may set up a regular recurring amount, or make a one-time gift. PayPal lets you use all major credit cards, or you may use your PayPal account if you already have one, or create one if you don't. Check it out!

GIVE ON THE GO!

Summer is a time for getaways and vacations. Your church is still here even when you aren't, and we miss you. Would you like to give your pledge or other gifts while you are away? Simply visit guilfordpark.org and click on the **Serve** tab, choose **Giving** from the drop-down menu, enter your type of donation, and click the **Donate** button. You may then enter your gift amount and your credit/debit card information (or log in to PayPal if you are a member), and give securely and confidentially. Your gifts help us continue to serve our church body and the community. Thank you for your generosity to GPPC!

FINANCIAL UPDATE AS OF JUNE 30, 2015

We Pledged To Give	\$252,533.52
We Actually Gave	<u>199,674.75</u>
Money Spent	\$303,410.72
Money Received	<u>236,351.61</u>

Serving in Worship

August 2, 2015

9:00 Ushers: Kay Cheshire, Gregg Kinnear

9:00 Sound System: Bob Nordbruch

9:00 Liturgist: Burl Hull

11:00 Ushers: Jay Jones, Ryan Morgan, Kit Schooley, Brandon Inscore, John Shackelford

11:00 Sound System: Steve Lacz

11:00 Liturgist: Levina Kollar

Bread Delivery: Betty Peraldo, Rak Kreager

Opening/Closing: Don Olson, Jason Beale

9:00 Communion Preparer: Barbara Sasser

9:00 Communion Servers: Donna Barrier, Lynn Carey, Barbara Sasser, Gary Stephenson

11:00 Communion Preparers: Mary Bruce

11:00 Communion Servers: Steve Sandercock, Tara Sandercock, George Setzer, Phyllis Setzer

Home Communion Servers: Sandy Scherzer (Lois Crabtree), Ralph Lawrence (Abe Jones), Marge Cromer (Peg Lukens), Tim Peck (Loa and Bob Morris), Phyllis Setzer (Rose Sharpe)

August 9, 2015

9:00 Ushers: Kathy Kimble, Louise O'Shea

9:00 Sound System: Gray Amick

9:00 Liturgist: Sarah Arnett

11:00 Ushers: John Parker, Doug Campbell, Bo Rodenbough, Steve Dixon, Ed Bonkemeyer, Logan Key

11:00 Liturgist:

11:00 Sound System: Rick Cromer

Bread Delivery: Shari and Justin Spradley

Opening/Closing: Michael Jackson, Ralph Lawrence

August 16, 2015

9:00 Ushers: Lynn Carey, Gary Stephenson

9:00 Sound System: Don Yelton

9:00 Liturgist: Kathy Kimble

11:00 Ushers: Hallie Smith, Skip Bailey, Becky Stump, Buddy Milks, Beth Milks, Susan Thomas

11:00 Liturgist: Marge Cromer

11:00 Sound System: Dylan Lewellyn

Bread Delivery: Sarah and Michael Keel

Opening/Closing: Brandon Inscore, Harold Shelton

August 23, 2015

9:00 Ushers: Bob and Ashlyn McClellan

9:00 Sound System: Michael Boulton

9:00 Liturgist: Lindsay Clifton

11:00 Ushers: Steve Sandercock, Scott Moore, Jukka Kayhko, Kenny Thompson, Ralph Lawrence

11:00 Liturgist: Lindsay Clifton

11:00 Sound System: Gene Campbell

Bread Delivery: Karen and Scott Berg

Opening/Closing: Gene Campbell, Paul Aycock

August 30, 2015

9:00 Ushers: Frank and Afendra Wyatt

9:00 Sound System: Steve Drew

9:00 Liturgist: Jaime Hendricks

11:00 Ushers: Buddy Milks, Woody Reese, Scott Berg, Paul Aycock

11:00 Liturgist: Mary Kirkpatrick

11:00 Sound System: Steve Sandercock

Opening/Closing: Jim Egbert, Scott Berg

August 2015 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip 10:00 AM Worship Service 11:00 AM Fellowship Time	27 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 6:00 PM A Sensual Faith Bible Study L 7:00 PM AA (FH)	28 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip 9:30 AM Staff Meeting 1:00 PM Almanah Movie P 7:30 PM NA (FH)	29 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip 6:00 PM A Sensual Faith Bible Study L	30 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip 6:00 PM Stranger to Neighborhood Meeting	31 KIDSJAM - Camp Mount Sheppard Mdl School Youth Mission Trip	1
2 9:00 AM Contemporary Worship 10:00 AM Sunday School 11:00 AM Traditional Worship 12:00 PM New Member Class L	3 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 7:00 PM AA (FH)	4 9:30 AM Staff Meeting 7:30 PM NA (FH)	5 6:45 PM Congregational Care L 7:00 PM CYMC 7:00 PM Property Com W1	6	7	8 9:00 AM Sasser Party Parlor
9 9:00 AM Contemporary Worship 10:00 AM Sunday School 11:00 AM Traditional Worship	10 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 6:00 PM Personnel L 7:00 PM AA (FH)	11 5:15 PM Hot Dish & Hope 7:30 PM NA (FH)	12 9:30 AM Staff Meeting 12:30 PM Almanah Lunch 7:00 PM Mission Com W1	13	14	15 Guideposts Articles Due
16 9:00 AM Contemporary Worship 10:00 AM Sunday School 11:00 AM Traditional Worship 3:30 PM Finance Committee L 5:00 PM Session W	17 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 7:00 PM AA (FH) 7:00 PM PW CT Meeting W	18 9:30 AM Staff Meeting 10:00 AM Cong RN - L 10:00 AM IRC 7:30 PM NA (FH)	19 8:30 AM Geezers' Breakfast 10:00 AM Guilford Travelers 6:30 PM Adult Ed L 6:45 PM Membership Com W2 6:45 PM Worship Com W1	20	21	22
23 9:00 AM Contemporary Worship 10:00 AM Sunday School 11:00 AM Traditional Worship 7:00 PM PW CT Mtg (L)	24 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 7:00 PM AA (FH)	25 9:30 AM Staff Meeting 10:00 AM Cong RN - L 1:00 PM Almanah Movie P 7:00 PM YES Practice 7:30 PM NA (FH)	26	27 7:30 PM Chancel Choir	28	29
30 Sunday School Kick Off 9:00 AM Contemporary Worship 10:00 AM Sunday School 11:00 AM Traditional Worship	31 8:30 AM Treasurers-Library 10:00 AM Simple Gifts W2 7:00 PM AA (FH)	1 9:30 AM Staff Meeting 10:00 AM Cong RN - L 7:00 PM YES Practice 7:30 PM NA (FH)	2 6:45 PM Congregational Care L 7:00 PM CYMC 7:00 PM Property Com W1	3 7:30 PM Chancel Choir	4	5

Thank You

Dear GPPC,

Your gift will enable us to continue and expand our Job Readiness, Bridge and Life Skills programs. Your support touches hundreds of lives allowing our program participants to make a positive change for themselves and their families. Thank you for your generous support of our work here at StepUp Greensboro. From the bottom of our hearts we thank you families.

Sincerely,
Ingrid Bullock, Executive Director

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Missionaries:

Tim & Marta Carriker in Brazil and

Pablo & Jan Feliciano in Mexico



Massanetta 2015

ATTENDANCE

	10:00
July 5	160
July 12	167
July 19	193
July 26	139

NEWSLETTER DEADLINE

The **September** Newsletter deadline is **AUGUST 15**.

Please submit articles to Lisa Boxley at lboxley@guilfordpark.org.

GUILFORD PARK PRESBYTERIAN CHURCH

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