

June 2024

MUSINGS...

by Pastor John Bethard



Well, I'm back.

During my leave of absence, I had two goals: learn some ways to better manage stress, and rest. I accomplished those and more. When I broached the idea of a leave of absence with members of the personnel committee, they endorsed it on one condition: that I spend as much time away from Jefferson County as possible. That was sound advice.

A few days after Easter, I went to my parents for a few days. Unfortunately, I had a full-blown Meniere's episode that Friday. A week after I got back, I went to Maine for a week, to spend time with some gracious friends that fed me, housed me, and gave me space. And that was a remarkable experience. Sometime during that trip I pivoted to having more good days than bad. Praise God! Five days after returning from that trip, I was in Little Rock for Credo, and event for clergy hosted by the Board of Pensions of the PC(USA). This was phenomenal. Our cohort was made up of people who are in the "last act" of their career; for whom "retirement" is becoming more and more important. I came away from that with a more defined set of priorities and a loose plan for moving forward. The most important thing I heard at Credo was said in an informal conversation. We all have plenty of yesterdays, we will likely have more than a few tomorrows, but there is only one today.

And that is a wonderful lead into what to expect moving forward. I still have to budget my energy. For this reason, I will not be at every committee meeting, with the exception of worship and music. I simply don't have all the energy I used to. There is improvement, and I expect to improve more, but I need to be intentional about where I put my energy in my pastoral work. I am also reorganizing my self-care priorities, something that I got lazy about over the last eighteen months.

Throughout all of this, God has been very present. I see God working in this and through this, and it is changing me in ways I did not expect in my fifties. It is exciting, and has brought a sense of adventure and joy to each day. Beloved, every day is a gift, and we must use it well!

Thank you all so much for your support and love during this time. I could not have done this work without it.

Blessings,

Pastor John



🎵 MUSIC NOTES 🎵 from Miss Penny

Fill Your Summer



With Music!

Attitude of Gratitude

While the choirs may take a little summer break, the music program at CTPC does not.

Available to members and friends are classes for handbells, piano, basic music, and the new and exciting percussion class for those 60 years of age and older!

Please be sure to get those sign-up sheets into me ASAP!

June 1st—July 1st is our Music Ministry Quilt raffle. Jeannette Tabb made and donated a beautiful “Visions of WV” quilt to raffle with the proceeds to our music ministry program. See any choir member for tickets or contact the

church office. This beautiful quilt will be on display in the Hospitality area and also at the Yoke-fellows BBQ on Saturday, June 8th. The winning ticket will be drawn on July 1st.

If you have a special musical gift you’d like to share in worship during the month of July, please let me know!

Hope you Fill Your Summer with Music!!

Blessings, Penny

"I've Got Rhythm"



*Summer Percussion Class
for
Seniors*

**CONTACT PENNY FOR MORE INFO!
CHARLES TOWN PRESBYTERIAN CHURCH**

Raffle

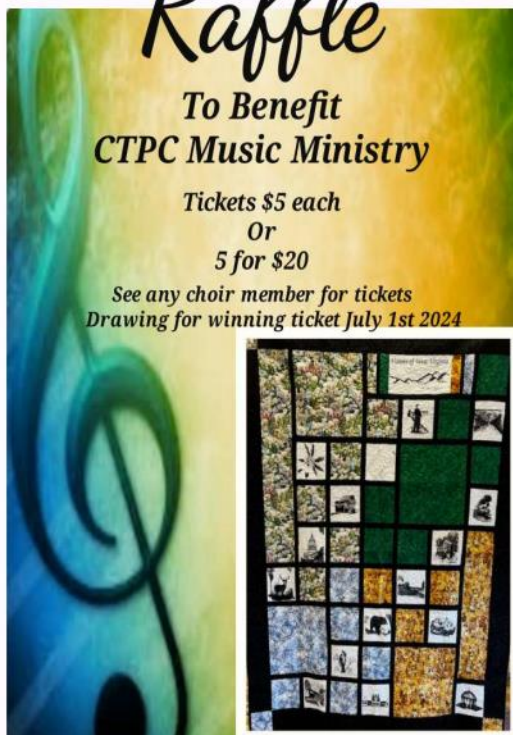
**To Benefit
CTPC Music Ministry**

Tickets \$5 each

Or

5 for \$20

**See any choir member for tickets
Drawing for winning ticket July 1st 2024**



**Quilt made & donated by
Jeannette Tabb**



Join us in the Hospitality Center after worship on June 30th for a "Hello Summer" kick-off!

Ice cream, Popsicles and other surprises!

(Hosted by the Worship Team)

Worship & Music



Know. Grow. Serve.

Charles Town Presbyterian Church

WEEKLY NEEDS

FRESH FRUIT AND MUFFINS

*Goldfish, pretzels, cookies, cheezits,
Breakfast bars*

Gluten free / Dairy free items



LET'S FILL IT UP!
FOR JEFFERSON COUNTY
COMMUNITY MINISTRIES



Know. Grow. Serve.



Summer Senior percussion _____

Bells

Adult-advanced small group _____

Adult-beginner small group _____

Youth-ages 10-15 _____

Child-ages 6-10 _____

Basic Music Skills

Adult _____

Youth _____

Child _____

Piano

Adult _____

Youth _____

Child _____



I'd prefer weekday _____ weekend _____

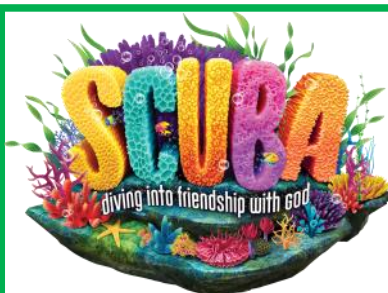
I'd prefer morning _____ afternoon _____ evening _____

Name: _____

Phone: _____

Email: _____





Mark your calendars!

VBS will be Monday, July 15-Thursday, July 18, from 9:00AM-Noon. The theme will be "SCUBA-

diving into friendship with God". Scuba will take kids deep into an amazing under-sea adventure where they'll experience the ever-flowing, never-ending love of God. Any questions, please feel free to contact Garth Stevens-Jennings (304-725-5316 or garthstevens-jennings@ctpres.org) or Marsha Dibbern (304-728-2278 or marshadib@juno.com).

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make a splash this summer!

Charles Town Presbyterian Church
VBS

July 15-18, 2024

9:00 AM- 12:00 PM

Rising Kindergarten-Rising 6th grade

Get ready to splash into fun!

contact the church office 304-725-5316
or @garthstevensjennings@ctpres.org



Charles Town Presbyterian Children, Youth, and Family Ministries

Youth Group!

Youth Group meets each Sunday from 2:30-4:00pm.

Kid's Group!

Kid's Group meets each Sunday from 4:00-5:30pm.

I look forward to seeing you there!

Any questions, please feel free to contact

Garth Steven-Jennings 304-725-5316 or garthstevens-jennings@ctpres.org.



Global 6K for Water: Thank you to everyone who contributed to the Walk for Water, it was a huge success! We raised over \$2,000.00, which provides clean water for 40 people. In spite of the rain 19 people came out on Saturday, May 18th, to enjoy a walk in the rain.

Celebrations this month

Birthdays

James Ahalt
Seth Van Zomeren
Hannah Rossi
Mona Thompson
Alex Bethard
Augusta Whitacre
Jon Gregoryk
Joshua Wilson
Megan Camilletti
Linda Myers-Hart
Lynn Pechuekonis
Will Pugh
Peter Garms
Mickie Anderson
Zach Bethard
Bonnie Owens



Hartley Tetro
Matthew Fowler
Sandra Littleton
Carley Duncan
Henry Christie
Rachel Wilson



Anniversaries

Chris & Penny Liston
Larry & Nancy Lloyd
Doug & Julia McDonough
Doug & Patsy White
Doyle & Sharon Criswell
Bing & Laura Crosby
Glenn & Susie Moreland
Andy & Roxanne Noland

Sunday @ CTPC

10:30am-Worship Celebration FaceBook

For a complete listing of all of the church activities, please click [here](#).



CTPC Zoom Meetings. To join any of the Zoom meetings listed below, please email the church office at ctpres.org for contact information.

The Faithweavers is a blended Sunday School class with in person and virtual options led by Margaret Kursey.

Yokefellows Sunday School Class. The Class will begin with a short business meeting from 8:45 am to 9:00 am at which time prayers will be offered for class members, family and friends who are ill or otherwise in distress. At 9:00am until 9:35 am a lesson will be taught by the class teacher from the Adult Bible Studies series. Anyone wishing to visit the class on ZOOM should contact the following class members to receive a ZOOM "invite": Gary Scott at email: gary3042795296@gmail.com or James Mackenzie at email: mackenzie48708@gmail.com.



CAPITAL CAMPAIGN

Capital Campaign Update:

Dear Congregation Family, thank you for participating in our shared Sunday School Hour's facilities walkthrough which identified over 60 items that we could improve with your Capital Campaign contributions. There are a handful of items that don't cost us anything, and in 2024 you should look for some scheduled work days to help out in sharing your time to complete. For those wanting to make a difference sooner, you can contribute to the Capital Campaign now through your usual donation method or via the no-fee PayPal Giving Fund <https://paypal.com/us/fundraiser/charity/3122728>.

Charles Town Presbyterian Church 2024 Elder Committee Assignments

Communicating with Technology -	Beth Pugh
Discipleship and Family Ministry -	Marsha Dibbern
Finance -	Diane Mayhew
Mission and Outreach -	Doyle Criswell
Personnel -	Kathy Shue
Property -	Gary Scott and Diane Mayhew
Stewardship and Vision -	Beth Pugh and Patsy White
Worship and Music —	Signe Garms and Lazan Rogers



Yokefellows BBQ Pork dinner.

Get your tickets now from any Yoke-fellow and plan to join us on Saturday, June 8th, 4:30-7:00 pm, for fresh pork BBQ, slaw, mac & cheese, baked bean, desserts, and drinks provided. Tickets: \$15.00 adults; \$7.00 children under 12 years; Free children under 3 years. Proceeds from the dinner go to church ministries.

Session News

The session met in person for their monthly stated meeting on Tuesday, May 21 and took the following actions:

- Received as presented the minutes from the March stated meeting of session.
- Wrote thank you notes to individuals who have taken on some important projects in the life of the congregation.
- Pastor John asked each committee to bring him up to date on what's been happening in the life of the church now that he has returned to the office. The bulk of the meeting was spent informally discussing each of the committee's work. The session did a fabulous job leading the congregation in the pastor's absence. There were no session action items from committees.
- Heard reports from the most recent presbytery meeting and the congregational nominating committee.
- Pastor John reviewed how he spent his leave, and what he has done to better manage his health issues. He also shared ways in which the session can continue to support him since no one wants to have to do this again.
- Elders were scheduled for homebound communion on June 2.
- Approved a baptism for Sunday, May 26.
- Four elders recently attended boundary training, a requirement for all active ruling and teaching elders at least every 36 months. Boundary training allows participants to consider ways in which to make our ministries and facilities the safest they can be for all people.



2024 Graduates will be recognized during worship on Sunday, June 2nd. Meredith Hunt, Jefferson HS; Madison Henshaw, WVU; Will Pugh, Shepherd Univ.; Corian Snook, Fashion Institute of Tech, SUNY.

Congratulations!



OFFICE CLOSED

The Church office will be closed on Thursday, July 4th, and Friday, July 5th.

Have a safe holiday!

Worship Help Needed. We need help running the technology used in worship each week. We are seeking two or three people to help run the PowerPoint slides and the camera for our live broadcast. These are fairly simple tasks, and we provide training. Please speak with Pastor John or Roger Snook if you can help.



2024 Frazier Music Scholarship The Frazier Music Scholarship was created in 2014 by the congregation of Charles Town Presbyterian Church to honor the retirement of organist and choir director, Ceil Frazier, and in memory of her husband, Ramond Frazier, a choir and handbell member. The scholarship is awarded each year to a graduating senior in either Jefferson or Berkeley County who will be attending Shepherd University and majoring in music or music education. Joshua Joliff is the tenth recipient of the Frazier Music Scholarship. Joshua is a graduate of Musselman High School and will be attending Shepherd University in the Fall of 2024 majoring in music. Congratulations to Joshua as he begins his college education with support from CTPC through this Frazier music legacy.



Online giving helps you to bring your offering before God in a simple, and secure way. You can choose from The Presbyterian Foundation, Facebook, or PayPal, each of which have a nominal fee that you can include as part of your gift. The Presbyterian Foundation fee does help the organization's mission, and you can easily use a mobile app (Vanco Mobile Faith Engagement on Google Play/AppStore) to set up for repeating or one time giving. If you have any questions, please contact the church office. Donation options and tax information at www.ctpres.org (<http://www.ctpres.org>).



The Six-cents-a-meal offering, is collected on the 4th Sunday each month, and goes to the Presbyterian Hunger Program. To contribute to this offering please note on memo line: hunger offering. Thank you.



JCCM Food Pantry needs. Any assistance would be greatly appreciated: spaghetti sauce, canned fruit, canned meat (vienna sausage, spam, chicken, tuna), canned beans, canned vegetables (not green beans/corn), soups (hearty and condensed), canned chili, rice (small bags), instant mashed potatoes, jelly and peanut butter, syrup, instant oatmeal, crackers, boxed pancake mix, cooking oil, deodorant, shampoo/conditioner, paper towels, toilet paper, dish soap, laundry detergent. Thank you, Kari Dean, Food Pantry Coordinator, JCCM



Meals-on-Wheels is in need of volunteers to help Monday—Friday for packing meals (8am-10am) and delivering meals (10am –Noon). We have five areas in Jefferson County that we deliver to and need drivers for all of them. Please call (304-725-1601) or stop by the kitchen of the Charles Town Presbyterian Church.



The flower chart for 2024 is available for sign up. It is located on the bulletin board by the church office or call at 304-725-5316. If you would like to donate your flowers for the deacons to deliver to a shut-in or someone in the hospital, please call the church office.



the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Charles Town Presbyterian Church on Monday, July 1st, 2024. A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered: **Carotid Artery Screening (Plaque)**. An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke. **Peripheral Arterial Disease Screening**. An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke. **Abdominal Aortic Aneurysm (AAA)**. An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency. **Atrial Fibrillation**. A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications. These 4 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-844-591-7160, text the word "circle" to 216-279-1607 or online at <https://llsa.social/HC>.