

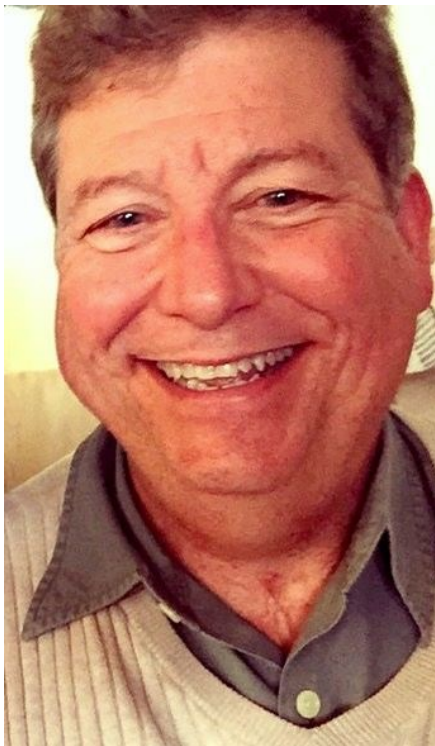


Presbyterian

R E P O R T E R

Volume 59, Issue 4, May 2019

MEET OUR NEW INTERIM PASTOR REV. DR. JAMES R. M. YOUNG



James Reynolds Melvin Young is a native of Gastonia and Mt. Holly, NC. A graduate of Davidson College with a degree in history, he received a Master's in Education from the Presbyterian School of Christian Education and a Doctor of Ministry from Union Theological Seminary in Richmond, VA, with a thesis in theology, faith development and practical ministry.

Dr. Young (or "Jim", as he likes to be called) has been an ordained minister in the Presbyterian Church (USA) for nearly 40 years, beginning as Youth Pastor/Director of Christian Education, then serving as Associate Pastor, Solo Pastor and Head of Staff in several churches. Jim has served as an interim pastor in Waynesboro, VA and most recently in Reno, NV. He has expertise in church management, being trained in Bowen Family Systems Theory, Myers-Briggs Type Inventory and The Enneagram; the latter two he also administers, working with individuals and groups.

Jim is the proud father of four grown daughters, who live in Virginia. He has sung professionally (he is a lyric baritone) with several organizations including Opera Carolina, the Virginia Symphony and Virginia Pro-Musica. Jim has also performed as the male lead in a number of productions. In addition to his musical and stage work, Jim enjoys attending concerts (classical or country, usually), walking, swimming, water skiing, scuba diving, hiking, camping, cooking and reading for pleasure, especially science-fiction, fantasy, mystery and history. Jim will begin his interim ministry at First Presbyterian on Wednesday, May 1st. His first Sunday in our pulpit will be this Sunday, May 5, 2019.

Please join us in welcoming Jim to Cumberland and to First Presbyterian Church.

CONNECT WITH FIRST PRESBYTERIAN CHURCH



OUR SUMMER WORSHIP SCHEDULE BEGINS on Sunday, June 9th. Worship will begin at 10:00 AM and there will be no Sunday School during the summer months.



The Building & Grounds Committee invites you to come out on Saturday, May 18th, from 9:00 AM to 12:00 PM help clean up the church. We need your help and talents, so please sign up on the whiteboard by the Parlor for the following: painting, heavy lifting, kitchen cleaning and/or yard work.

SESSION HIGHLIGHTS

The Session of First Presbyterian Church met in the library of the church at 7:00 p.m. on Tuesday, April 16, 2019 for its stated monthly meeting. The Rev. Walt Peters served as Moderator. Jeff Getty served as Clerk.

The Session took the following actions:

- Approved the 2019 year to date Membership Record as of April 15, 2019.
- Approved the recommendation of the Interim Pastor's Search Committee to retain the Rev. James Young to serve as Interim Pastor for the church on the same terms of call as the prior installed pastor.
- Approved the recommendation from the Building and Grounds Committee to use designated improvement funds of \$2,140.00 for ADT security upgrade.
- Appointed David Stickler to attend and represent the congregation at the May 9th Presbytery meeting.

In addition the Session heard:

- from Gary Hendrickson, who announced that the Pledge 2019 contributions are greater than the expected amounts from the first quarter and that during that quarter the electric charges have been reduced by 18% as a result of last year's project to install LED lights throughout the church.
- from Laura Fiscus of Congregational Care and Outreach, who discussed a new program through WMHS that focuses on reaching out to those who are socially isolated called Project Reach Out which will be implemented on May 26, 2019. Cheri Duncan is the congregation's contact for this new program.
- that Joe Weaver is leading a class in the study of the book Colored People, a Memoir by Henry Louis Gates, Jr. which will meet after worship on May 19, 26 and June 2.
- that there will be a Graduation Milestone on May 10 at 6:00 PM at the Kellermeyer's house.
- from Phil Mills, who reported that everyone who participated in the mission trip to West Virginia last year has also signed up to go on the New Bern mission trip in New Bern, North Carolina this coming September.

If you have any questions, please contact the Clerk or the Moderator.

CONNECT WITH FIRST PRESBYTERIAN CHURCH

THANK YOU AND FAREWELL TO REV. WALT PETERS



With cards, cake, and a chorus of "Thank you", we bid a sad farewell to our beloved long-term substitute preacher, Walt Peters, on Sunday, April 28. Shortly after Caroline Kelly's departure in early January, Walt began driving the 140 + mile round trip between Hagerstown and Cumberland each Sunday morning to lead us in worship. His enlightening, encouraging and often humorous sermons helped guide us during a period of transition. As we prepare to welcome our new interim pastor, Rev. Jim Young, we are forever grateful for the leadership, service, and friendship Walt so generously extended to our church family.



Bill Kellermeyer	6-May
Paul Aber	7-May
Gary Hendrickson	7-May
Nancy Hall	8-May
Carolyn Weaver	8-May
Buck Belt	11-May
Christopher Weddle	12-May
Lauren See	14-May
Marisa Aurigemma	19-May
Ronnie Barb	28-May
Bob Lange	28-May
Susan Mills	30-May

Church Office Closings & Staff Vacations

The Church office will be CLOSED on Monday, May 27th in observance of Memorial Day.

Executive Administrative Assistant Brittany Jackson will be on vacation from May 28th - June 3rd. The church office will be staffed from 9:00AM-12:00PM by office volunteers.



Like us on Facebook!

<http://www.facebook.com/First.Pres.Cumberland>

LEARN & GROW

EASTER EGG BLESSING MILESTONE



On Saturday, April 21st at 10:00AM, we celebrated our Easter Egg Blessing Milestone Event in the fellowship hall and playground. There were 40 people in attendance, including 17 children.

Cindy Corley and Ann Kellermeyer organized the event, encouraging conversations about memories of Easter over a potluck breakfast. Devotions were led by Cindy Corley using Resurrection Eggs filled with the symbols of the Passion Story. The children colored eggs and blessed them, followed by an egg hunt in and around the playground.



WELLNESS NEWS

Stress and anxiety are all too common in today's world. The Bible; however, tells us not to be stressed. John 14:27 says, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." Philippians 4:6 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." So, it's that simple, just don't be stressed or anxious.....Right?

Unfortunately, eliminating stress isn't as simple as flipping a light switch off. Stress and anxieties are common elements of everyone's lives and especially in the lives of young adults. In a 2018 survey by the American Psychological Association, Generation Z (those born between the mid-1990s and mid-2000s) report higher stress than the average adults in all areas. These include stress over mass shootings, climate change, sexual harassment and assault, finance, work life and security, and the economy. Despite Generation Z having the higher stress ratings, these areas of concern are stressful for all of us. It would seem we are barraged by stress from all angles. So, what can we do about it? Here are some things we all can do when we are feeling stressed:

- Mindfulness – Pay attention to how you internally respond to and cope with stressors; identify better coping skills. Pay attention to your surroundings; take deep breaths and focus on what you can see and feel to ground you.
- Positive Affirmations – Repeat positive, uplifting affirmations to shift your perception onto strengths instead of weaknesses.
- Exercise – Get moving! Physical activity bumps up the production of your brain's feel-good neurotransmitters, called endorphins.
- Journaling – Jot down your thoughts regularly and try to think about things for which you're grateful.
- Serving – Be altruistic, for this has been shown to improve mood and shift focus from our own problems to serving others; when we serve even in our weakness, we benefit others and self.
- Sleep – Make getting a good night's sleep a priority. Create a sleep schedule, reduce surrounding noise and avoid excessive caffeine and liquids late in the day.
- Professional Services – Not all stress can be fixed by a good night's sleep and a jog. You will be all the stronger in reaching out for support to learn specific coping skills to benefit you in life.



Graduation Milestone

a promise and a journey

FRIDAY, MAY 10, AT 6:00 PM

BILL & ANN KELLERMEYER'S HOME

Bill and Ann are hosting a graduation milestone for high school graduates **Benji Bryan, Matt DiNola, Tim Sterne and Jack Taube.**

Join us for caring conversations and dinner as we celebrate this special time in their lives, especially if you were one of their **mentors**, one of their **Sunday school teachers**, or made a connection with them during **youth group**. Dinner will be followed with a time for reflection, prayer and blessing. Don't miss this opportunity to meet with the seniors and their families as we recognize and honor this milestone together.

Everyone can help celebrate by donating something for their **laundry bags**: plastic food storage containers, washcloths, coat hangers, bandages, highlighters, poster putty, bars of soap, sticky notes, Q-tips, sanitizing wipes, dryer sheets, paper towels, air freshener, index cards, tissues, pens, pencils, candy, gum, room deodorizers, paper clips, or stress balls. We will have a box in the entry to collect items.

Please RSVP to **Brittany Jackson** by **Wednesday, May 8**. Let us know what you will bring:

Hors d'oeuvre _____

Salad _____

The rest will be provided.

THANK YOU NOTES

Dear Church Family,

Thank you for all your thoughts, prayers, and cards that were sent to Bill and me over the past few weeks. We are forever grateful and your prayers and support have made all of the difference.

With love,

Carlotta and Bill Shaffer



Dear Church Family,

Many, many thanks for your prayers, calls, food, and beautiful cards which helped so much in my recovery! I am becoming more mobile each day! I so appreciated all your efforts!

Blessings,

Betty Richtmeyer

On Pentecost Sunday, June 9, our congregation will be contributing to the Pentecost Offering, one of four special offerings of the Presbyterian Church USA.

A gift to this offering helps the church encourage, develop, and support its young people, and also address the needs of at-risk children. 40% of the Pentecost offering will be retained by our congregation to help support The Family Junction, an organization striving to make an impact in the lives of young people within our own community. The remaining 60% is used to support ministries of the Presbyterian Mission Agency:

Young Adult Volunteers
Children-at-Risk
Ministries for Youth
Pentecost Offering Financials



Please consider giving generously to this worthwhile offering on Pentecost Sunday.



Tick, tock, tick, tock...the school year is winding down and summer is approaching. It's time to start thinking about the 2019 Summer Lunchbox season. We will again be making and delivering lunches for eight Fridays this summer -- beginning Friday, June 21 and running through Friday, August 9.

Please plan to join us for any or all Friday mornings this summer. We welcome all helpers. Stay tuned for more information in the coming weeks, or contact Cathy Levitas with any questions.

A NOTE FROM OUR DIRECTOR OF MUSIC MINISTRIES

Dear Friends,

The past several months have been a time of excitement and growth for the music ministry of First Presbyterian Church. While it was difficult to begin the year by saying goodbye to Pastor Caroline, we were tremendously blessed with the gifts that Walt Peters brought as our guest preacher. I am grateful to Walt for his professionalism, liturgical savvy, musical appreciation, and eloquence in the pulpit!

The Sanctuary Choir has also been pleased to welcome Adam Pomeroy as a soloist and section leader. Adam is a Cumberland native and skilled counter-tenor who will now be joining us regularly in worship.

As we look forward to the next stage in our ministry together, I want to extend a special thanks to the members of the Sanctuary Choir, Julie Courtney and the JoyBells, all of our vocal and instrumental soloists, readers, liturgists, ushers, and everyone who attended and participated in our worship services during Holy Week and Easter!

Sincerely,

Bryan Lohr



JOIN US ON SUNDAY, MAY 12TH
AS WE RECOGNIZE OUR
HIGH SCHOOL SENIORS

First Presbyterian Church
Eleven Washington Street
Cumberland, Maryland 21502

We Thank God For:



Address Service Requested

**JOIN US FOR
PENTECOST SUNDAY**



On Sunday, June 9th, we will celebrate **Pentecost**.

Please help us celebrate the gift of the Spirit by wearing something **red**.