



Monthly Newsletter of Williamsburg Presbyterian Church

Kirk courier

FEBRUARY 2021

We gather in
the name of
Jesus Christ
to worship
God and
by the power
of the
Holy Spirit
do God's
work in the
world.

Williamsburg
Presbyterian Church
215 Richmond Road
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www.mywpc.org

Our theme for Lent this year is *Finding Rhythm*. This past year has thrown us off the regular routines and rhythms of life. The routine of coming to church for worship week after week has been interrupted. We still gather, but the rhythm is different when we are home watching the live stream. So as we enter into this season of Lent we want to explore and rediscover the rhythm of our spiritual life. Like a jazz musician we may need to do some improvising as we go along. To assist us in this journey we are going to tap into the rhythm of the Negro Spirituals. These spirituals are a rich part of the religious history of our nation. They can also be a window through which we can see how to remain faithful even in times of trial and difficulty.

This theme will lead us through our Sunday morning and Wednesday evening worship. We will continue virtually in both of these, hopeful that some time in 2021 we will be able to gather in person. Ash Wednesday, February 17, we will stream our Ash Wednesday service at 7:00 pm. We are also offering a drive-by imposition of ashes from noon to 1:00 pm in the back parking lot.

I personally learned a great deal about the black Presbyterian faith experience and history from the members of Faith Presbyterian Church, an African American Presbyterian Church, who merged with First Presbyterian Church of York PA. Their leadership and insight were invaluable to me. Every year FPC York holds a Jazz Vespers Service in

(continued on page 3)

THE KIRK COURIER
is published monthly by
Williamsburg Presbyterian Church
215 Richmond Road
Williamsburg, VA 23185

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UPCOMING WORSHIP



SUNDAY VIRTUAL WORSHIP SERVICES

- 9:30am service is live-streamed on the WPC website.
- 11:00am service is broadcast on FM93.5 The Burg and AM740.
- The Sunday worship bulletin is available at mywpc.org.

February 7: 5th Sunday in Ordinary Time

Note: The Sacrament of the Lord's Supper will not be observed this month until the 1st Sunday in Lent, February 21, 2021.

Isaiah 40:21-31

“Never-ending Creativity”

February 14: 6th Sunday in Ordinary Time

Campus Ministry Sunday

The worship service is lead by members of UKirk.

Season of Lent Begins

February 17

Drive-Through Imposition of Ashes

12:00 - 1:00pm

COVID safety protocol will be followed.

Ash Wednesday Worship Service - 7pm

February 21: 1st Sunday in Lent

The Sacrament of the Lord's Supper will be celebrated

Mark 1:9-15

“Time is Fulfilled”

February 24: 7pm Wednesday Evening Lenten Service

February 28: 2nd Sunday in Lent

Mark 8:31-38

March 3: 7pm Wednesday Evening Lenten Service

March 7: 3rd Sunday in Lent

John 2:13-22

Articles for publishing in the Kirk Courier Newsletter should be submitted to publications@mywpc.org with ONLY the text KIRK COURIER in the subject line.
The deadline for article submission is the 3rd Friday of the month. The Kirk Courier Newsletter is emailed and mailed on the 2nd Thursday of the month.
Articles can be submitted early. You do not have to wait until the deadline!

partnership with an African American Baptist church and local musicians. It was always a highlight of the year.

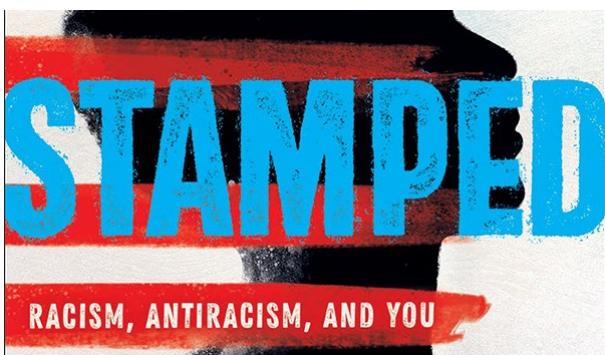
If you would like to explore Black History Month for yourself I have some Presbyterian suggestions. There is an excellent article about *Rediscovering the Songs of the Enslaved*, which tells the story of First Presbyterian Church of Lexington KY using spirituals to reawaken their faith. (<https://www.presbyterianmission.org/story/pt-0121-spirituals/>) Our Presbyterian Historical Society also has articles about how Presbyterians were involved in the Civil Rights Movement. (<https://www.history.pcusa.org/about/blog/black-history-month>) And the Presbyterian Mission Agency is focusing on “Family Matters to the People of God” in their celebration of Black History Month (<https://www.presbyterianmission.org/story/pt-0121-black-history/>)



In our journey together this season of Lent, I pray that as our toes are tapping to the beat of spirituals, as we get into the routine of worship, prayer and scripture reading, that we will find a new rhythm in step with Spirit. “Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25. ~Peace, John

Partnering with Historic Area Religions Together (HART) and Williamsburg Regional Library and the College of William and Mary

Williamsburg Regional Library is once again sponsoring the *One Book, One Community* initiative encouraging our community to come together through a shared reading experience. The College of William and Mary is also participating in this program. At the most recent HART meeting the clergy of our varied faith communities in Williamsburg decided that this initiative would also support our goal of bringing our faith communities together through this shared experience. The challenging topic of the book also addresses an issue HART recognizes can create division among us instead of unity – racism.



This year's book selection is *Stamped: Racism, Antiracism, and You* by Jason Reynolds and Ibram X. Kendi. This #1 New York Times bestseller is an eye-opening and accessible exploration of race and racism in the United States.

Throughout January and February, the library be hosting a variety of programs that complement this book, culminating with a virtual visit from Jason Reynolds on February 22.

You can read about the details at <https://www.wrl.org/adults/one-book-one-community/>.

LENT 2021: FINDING RHYTHM

RITUAL, REPETITION, AND REMEMBRANCE

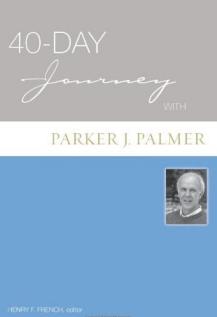
WORSHIP OPPORTUNITIES

- Feb. 14 9:30 Campus Ministry Sunday
Feb. 17 7 pm Ash Wednesday Service
Feb. 21 9:30 am 1st Sunday of Lent (Communion)
Feb. 24 - Mar. 24 7 pm Wednesday Lenten Services
Mar. 14 7 pm Service of Remembrance
Apr. 1 7 pm Maundy Thursday
Apr. 2 7 pm Good Friday Tenebrae
Apr. 4 9:30 am Easter Sunday
Apr. 18 9:30 am Youth Sunday

SPECIAL EVENTS

- Feb. 13 1 pm Drive-Through: Shrove Tuesday Through Easter Activity Bags *for all ages*
Feb. 17 12-1 pm Drive-Through: Imposition of Ashes Labyrinth in Courtyard *weather permitting*
Feb. 21 7 pm Online Open Door Concert
Mar. 21 7 pm Online Open Door Concert
Mar. 28 1 pm Drive-Through: Palm Crosses
Holy Week Prayer Wall in Courtyard
Daily Videos on Zoom
Apr. 3 Online Stations of the Cross
Apr. 25 7 pm Online Open Door Concert

Sunday & Lenten Worship Services & Online Events will be on mywpc.org.



Thursday Evening Lenten Study

If you would like a copy of the book, *40 Days with Parker Palmer*, please contact DEM "A" Williams at awilliams@mywpc.org. There will be a short weekly reflective study on Thursdays evenings throughout Lent beginning with an intro meeting on Thursday, February 18 at 6:30pm. Even if you are not able to be a part of the group, you can still get a book!



CHRISTIAN OUTREACH

Thank You Message from the Presbyterian Hunger Program

Williamsburg Presbyterian Church is an Earth Care Congregation and a Hunger Action Congregation. As a Hunger Action Congregation, WPC received a thank you message from the national Presbyterian Hunger Program (PHP). The Outreach Ministry wants to thank all WPC members for your perseverance and generosity during this past challenging year. The message shows how your generosity has enabled the PHP to make a difference here and in the world.

In a year filled with changes, the Presbyterian Hunger Program is thankful that God's love is faithful, and that Hunger Action Congregations have shown perseverance. In a time of great need, you've updated procedures, worked in partnership with other congregations and organizations, served your communities with love and creativity, and continued to call for justice.

With support from HACs and others, PHP has also stood with siblings around the world who are making a difference. We've heard from our partners that Marie's garden in Haiti has produced twice as much, Mr. Mishbah and others in Sri Lanka are winning land struggles, Vincent in Kentucky is healthier, and Fadumo in Somalia no longer has to choose between food for her family and education for her children.

From the Middle East to Mid-America, and in places where famine, pandemic, corporate greed, or racial inequities have left people hungry and impoverished, together we can continue to lift our voices and work together to alleviate hunger and help eliminate the underlying causes.

This season may you have joy knowing your work and your gifts are making a difference. And in all seasons, may we continue to work together to spread the news of hope that is found in God's son, our Savior.

Merry Christmas

from the Presbyterian Hunger Program



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www.pcusa.org/hunger

Rebuilding the School in Chajul, Guatemala

Work has continued on the damaged school as time, funds, and energy permit. This photo shows the ongoing work on the classrooms. They will be ready to use when the schools are back in session. The school principal, Juan, hopes to add a grade so that they will be able to teach the first and second level middle school classes.

During much of this year, the Chajul teachers have been going to the student's homes to continue their education since the government ordered schools to close due to the pandemic. The students and teachers are careful, and we have not heard of any of them getting sick even though the area has many cases of the virus. In addition, the two hurricanes caused a great deal of destruction in the area although not much in Chajul itself. Our committee has been aware of food shortages all year, and our church was able to send funds to help buy food for the parishioners. In January, along with the money we normally send for the church and school, we are sending \$1000 for additional supplies.



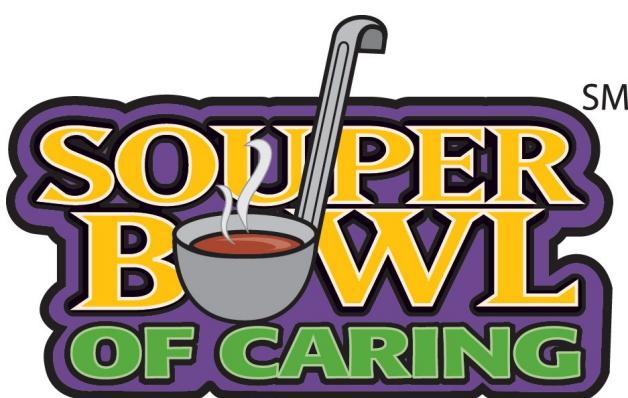
Thanks to all for your generous support of our mission work in this important country!

Salvation Army Partners with Williamsburg Presbyterian Church

As you may expect, the needs and work of the Salvation Army have been much greater than usual this past year. With the help of WPC, 480 families including 1,255 children, received 13,805 Christmas gifts through the Angel tree program. They also served 118 seniors with approximately 1,298 gifts. Church members adopted 95 families this year. And in the church's Drive-by Coat Collection on December 19, two truckloads of coats/blankets were received.

The Salvation Army has had difficulty with their Kettle Ringing over the past few years and were surprised to receive a record number of \$137,306 this winter! Seven volunteers from the Hunger and Homeless Team rang the bell for Salvation Army on two days at the Kingsmill Harris Teeter store.

May the year ahead bring ongoing partnership wherever the needs are greatest in our community.



Game On(line)! Our annual youth-led event in support of the WPC Hotel/Motel Ministry and the Leave Behind Bag program is virtual this year.

Please consider supporting these valuable ministries with an [online donation](#) or by check (made out to WPC, with *Souper Bowl of Caring* in the memo line). Donate now through February.



BIBLE AND BACON STUDY

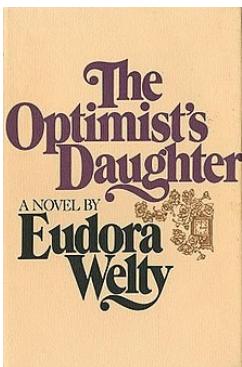


On the second and fourth Wednesday of each month men of our church meet for bible study and breakfast. Because of the isolation imposed by the COVID-19 virus, the men have been meeting using the Zoom conferencing software. The virtual meetings begin 7:30am. Join us to keep in touch with other men of our congregation while COVID-19 restrictions prohibit face to face meetings.

This winter the men are studying the Gospel of Matthew. Join the men for coffee, fellowship, and lively bible discussion. Look for meeting details in the weekly announcements bulletins.



WPC BOOK CLUB



The next meeting of the book club will be Monday, February 22, at 2:00pm via Zoom.

Our book for discussion is *The Optimist's Daughter*, by Eudora Welty and our discussion leader will be Cynthia McCraw. Future books will be *Stamped: Racism, Antiracism, and You* by Jason Reynolds and Ibram X. Kendi (March), and *The Book Woman of Troublesome Creek*, by Kim Michele Richardson (April).

For more information, or to receive the Zoom link, please contact Ellen Peters at ellenbpeters@gmail.com



NEW GROUP FORMING

Pastor Rachel Hébert is forming a new group, here at WPC, to focus on racial equity. They will meet on Tuesday, February 23 at 7:30pm. Starting in March the group will meet on the 4th Monday of every month at 7:30pm.

To participate and receive more information, please contact Rachel Hébert, rhebert@mywpc.org or Kay Allen, kweallen@yahoo.com.



Concert Series Announces Spring 2021 Season

The Open Door Concert Series is excited to continue bringing high-quality concerts, serving our mission to *build community through the presentation of musical arts*. Despite moving online, we had a record turnout for the fall 2020 season. Thank you for your support, encouragement, and enthusiasm during these trying times.

Our spring season features four new artists. The season kicks off with *Deeper Shade of Blue*, a bluegrass band from North Carolina. The group has been together for 21 years, and is a favorite at festivals across the region. They will present a variety of bluegrass classics, original compositions, and gospel favorites.



On March 21, we welcome the *Atlantic Chamber Ensemble*, consisting of professional musicians from the Richmond area. Their innovative program is entitled *Seasons: The Promise of Change*, and will trace the struggle of returning from a global pandemic. Join us on April 25 for the *Wren Masters*, consisting of current and retired members of the William & Mary music faculty, who specialize in Baroque music, performed on the unique instruments of that period. Their program is entitled *Bach, Baroque, and the Birds*, which will highlight music about, or imitative of, our avian friends. The season will close with Hampton Roads jazz legend, Jae Sinnott and his Zero-to-60 Quartet. Their music is full of passion, layered with rich harmonic and rhythmic textures, and is often featured on Jae Sinnott's WHRV jazz programming.

This has been an exciting time for the Open Door Concert Series. We've nearly completed our Fall 2021 and Spring 2022 programming, and can't wait for you to join us in person again. This wouldn't be possible without the support of the Williamsburg Area Arts Commission, the Virginia Commission for the Arts, and the National Endowment for the Arts. But, most importantly, we thank *you* for your support of this exciting program. Through your generous donations, we have the confidence to present excellent music, welcoming the community into our beautiful space.

For more information about our upcoming season, to RSVP for a concert, or to make a donation, visit our website at mywpc.org/concerts.

Thank you for your continued support.

Ellen Morgan	Sherry Volk
Tom Bozek	Norman Elton
Chris Bechtler	Sam Bowlin



MEET WPC MEMBER PAT HEALY

Note:

The article, which appears on the following four pages, was printed in the January issue of the Williamsburg magazine, *Next Door Neighbors*. It is included here with permission from Meredith Collins, Publisher.

PAT HEALY



Lisa Martin Lee Photography

Helping Caregivers Cope

By Narielle Living

Pat Healy did not grow up in this area, but since coming here she has helped countless numbers of people facing significant crises in their lives. Originally from St. Louis, Pat refers to herself as a "sodbuster," a term that signifies a farmer who plows the land. Despite the farming reference, Pat's father worked in the film industry, which led to a move to a different part of the country when she was a kid. "My father was transferred to New York, so we moved

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from St. Louis to North Jersey."

After meeting and marrying her husband, they lived in the northern part of New Jersey for a while before deciding to come to the Williamsburg area. "At that point we had nobody, no living family, up in north Jersey," she says. "It was horribly expensive." Although it was 30 years ago, she says that at that time the cost of dinner and a play in New York could cost around \$500, in addition to having to deal with constant heavy traffic. "We were very happy to come down here. My mom and dad

had a retirement home here, so we would come down with the kids because it didn't cost us anything."

Today, Pat is a facilitator for a support group for caregivers. "It's sponsored by the Williamsburg Presbyterian Church where I'm a member, but it's open to anybody. The only requirement is that people are taking care of a loved one." Pat is clear that it does not have to be a parent or a spouse. It might be a parent caring for a sick child. However, she notes, the typical person who comes to the caregivers' support group

is an older woman caring for an older man who is ill.

Pat's involvement in this group was a natural fit. "I have my Master's Degree in Psychiatric Social Work," she says. In her work life, she had worked with many people in a therapeutic setting. She has been retired for almost 10 years. "I worked at the local community mental health center in what was called the day support program, which is a day program for people with long-term, serious mental illness."

She knew about the caregivers' support pro-

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gram at her church, and when the woman who had started the program decided to step away from it, Pat jumped at the opportunity to help. "I thought, I could do this, so I said, 'send me in coach.' And that was it."

Sometimes the work she does as a support group facilitator can be draining, but Pat also finds that this is a very hopeful group. "There is one gentleman who had been encouraged by the pastors to come to our group," she says. "I called him and offered a personal invitation, and he said he'd think about it." Later, this same gentleman walked by the room where the support group was being held. He did not like what he heard. "He heard a lot of laughing. And he reported to the pastor, 'that proves this is not for me, this is not funny.' Well, of course it's not funny but you have to laugh. [There are] some really funny people in the group, and we do a lot of laughing. And he's right, the whole thing is not a funny concept but if you don't laugh, you cry."

Many caregivers find the prospect of going to a support group daunting. "More likely it's

something else to put on their schedule, and their schedules are already so full with doctor's appointments. But Pat says there are always ways around these issues.

"I have used Faith In Action, and I recommend it highly to all of our members because Faith In Action will send somebody over to basically babysit. They don't call it that, but they go over to sit with the person, while the husband or the wife goes to the support group for an hour, an hour and 10 minutes. And that's worked out well."

The support groups last for approximately an hour to an hour and a half. In general, they touch base with everyone in the group to find out what is happening in their lives and with their loved ones, and they check in to see what each person has been doing to take care of themselves. Taking care of yourself is one of Pat's biggest mantras that she repeats to caregivers. "You've got to take care of yourself," she says. "You can't take care of anybody until you take care of yourself. We kind of run by that and they're very good about offering sug-

gestions and ideas to each other. And that's an important part of the group, too."

Things are a little different right now, and meetings are being held via Zoom. For many, the isolation on top of caregiving has been debilitating. Pat reminds everyone to stay positive. "Don't ever give up. There's always hope. It doesn't matter where it comes from, but wherever you can get it, grab it. And take care of yourself. You know, walk every day or put your makeup on, dress up." Eventually the pandemic restrictions will be lifted, and Pat says to take the time to get a sitter for your loved one and go out with friends, even if it's just a quick lunch. "It's an outlook thing," she says. "It's true."

The people who attend the support group meetings are a mix of folks from everywhere. "It started mostly from the church because it was sponsored by the church and the person who ran it was a church member." When Pat started running the group, she opened it up to everyone and anyone who is a caregiver. "My experience is, people who are in trouble have



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the same symptoms. They feel overwhelmed, they feel angry. And then they feel guilty because they feel angry. Those are exactly the same feelings, whether you're caring for a sick child or a demented husband. It doesn't matter what the problem is. The feelings are what have to be dealt with, and that's why I decided to open it up to more than just people from our church and more than just old people."

The truth about caregiving is that it's easy to get burned out doing this, especially when caregivers don't take care of themselves. For that matter, many people get burned out just during the course of everyday life. "It could happen to me if I'm not careful, but I'm careful," Pat notes. She has been careful to maintain a balance in her life, plus there is one aspect of her world that keeps her centered. "I have a very supportive husband. That's the key." In addition to a love of playing the game of pickleball, Pat spends time reading, going out with friends and watching football with her husband.

Although she loved her job before she retired, she is glad she stepped away when she did. "I knew it was time to leave," she says. "I

was ready to get out because I had done what I'd set out to do. I started the program down here. And that was the main goal, to get one going. I met that goal, so it was time to move on."

Although Pat Healy is not currently a caregiver, she has worked with enough people in this role to repeatedly stress to them the importance of self-care. "Take care of yourself. You need to take care of yourself before you can take care of other people. I've seen too many folks come in, and they're dragging. They're exhausted, they're emotionally spent, and they can hardly stop crying. Those are all symptoms of burnout. They can't take it anymore and they don't have anybody to help them and they don't know where to turn."

The wonderful part about being in a group, she adds, is that other members will offer ideas and suggestions to each other. "There are lots of ideas, it's never hopeless. There's always an idea or a suggestion from somebody else who has tried something that works. Don't give up. Check out the resources. You're entitled to them, and most of them are at no cost." **NDN**

Next Door Neighbors

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Next Door Neighbors is a monthly, direct-mailed magazine serving the residents of the Williamsburg area.

Circulation: 43,700



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We will return all messages promptly on Jan. 4th.



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