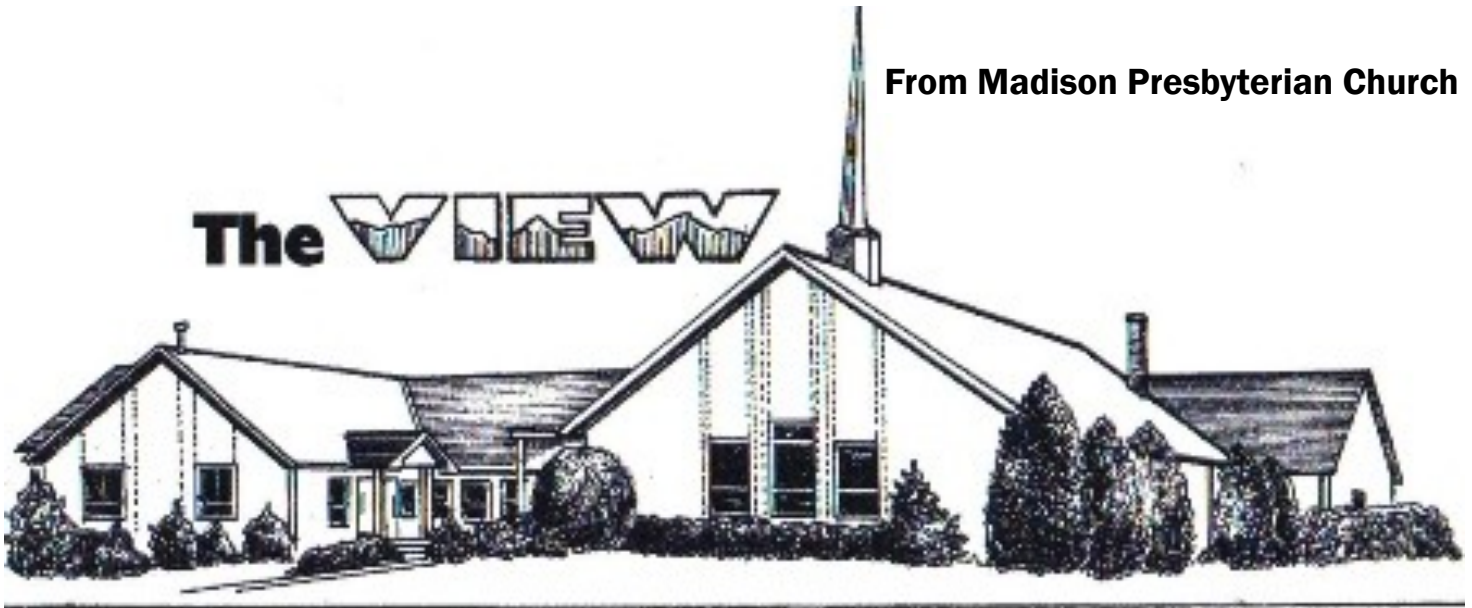


From Madison Presbyterian Church



From the Pastor

July 2018

Vacation

John Storey will be on vacation June 24 - July 8. Filling our pulpit on July 1 will be David Grant, retired minister of South Plains Presbyterian and living in Charlottesville. On July 8, we will welcome Wayne Bernardo to the pulpit. Wayne retired from Culpeper PC at the end of last year.

MESA Offering

Our congregation has a long tradition of receiving a special offering during July for MESA. This year the Session has designated Sunday, July 22 for this offering and we hope that each household will give prayerful consideration to making a significant gift. Our gifts make a big difference in the lives of our neighbors who live on fixed or minimum incomes.

We are no longer requested to supply store volunteers for a month as most slots are now filled by weekly regulars. You are still encouraged to offer your presence and skills by volunteering for the store, donation sorting or serving as a mentor for a Barbara's House family. A particular current need is for someone who can do regular building maintenance. Speak with John Storey for further information.

Madison Presbyterian Church

Pastor: John Storey

Sunday School: 10:00 a.m. Worship: 10:00 a.m.

Church Office Hours: Monday — Thursday 8:30 a.m.—12:30 p.m.
(closed 7/4/18)

Church Administrator: Carol Johnson (on vacation 7/16-19)

Phone Number: 540-948-6972

E-mail: madisonpresb@verizon.net

Website: MadisonPresbyterian.com



Summer Reading Opportunities From Presbyterian Women

Before you head off on a vacation, or set aside some time for relaxation at home, be sure to check out the lending library in the PW room in the Sanctuary building. Over the years many of us have donated our used books to be passed along and shared. There is no sign-out system. You may return the books you have read, or give them away to other interested readers, so there will be room for new donations.

Another opportunity is to pick up your copy of the PW Horizons Bible Study book for 2018-19. PW circle meets from September through May on the second Wednesday of each month at 10 AM in the Tack Room. This year's study will be "God's Promise: I Am With You". The study books have been ordered and are available, free of charge, in the PW Room. Sign your name on the sheet provided so we will know who has received their study book. Please consider joining PW Circle when we begin meeting again in September, if you are not already involved. We will order additional study books if the supply runs low.

Berta Storey, PW Treasurer

Breakfast Buzz

Thank you for your support for this fun program. We will be off for the months of July and August. Have a great summer and see you in September.



At the June Breakfast Buzz, Bo Jones an engineer at IIHS gave us an informative talk and Power Point presentation

TO FALL OR NOT TO FALL: THAT IS THE QUESTION...

All of us know someone who has fallen and in some cases, the fall has had serious consequences -- hospitalization, surgery, sometimes even infection and permanent physical decline. It's easy to say, "That won't happen to me!" but as we age, our bodies change, and it's better to be realistic, plan ahead, and try to do what we can to avoid falls.

Many factors can increase our risk for falling: physical changes, such as a decrease in vision or hearing, balance problems, and side effects from medications; changes in our brains, including memory loss, can make us more likely to fall; and poor lighting, clutter around the home, especially on stairs or in walkways, can be tripping hazards. Interestingly, being afraid of falling actually increases our risk for a fall.

So, what can we do? Get your vision and hearing checked and follow through on the examiner's recommendations. Talk to your medical provider about your balance and any concerns you have about your brain functioning. Your pharmacist would be happy to do a medication review and tell you about possible side effects or interactions. Look around your home for potential problems, or, better yet, ask a neighbor or family member help you. If you have stairs in your home, try to limit the number of times you go up and down. It's a great idea to have a medical alert device of some kind as well. New, brighter light bulbs in high-traffic areas can make a big difference.

Be cautious, but not fearful, when you're out in public; look for uneven sidewalks or steps in unfamiliar areas.


Some planning and checking will save you a lot of headaches down the line. Falls are not a matter to be taken lightly.

Carol Simpson, Aging Together, 540-829-6405. Aging Together is a partnership of organizations and individuals dedicated to assisting senior citizens in Culpeper, Orange, Madison, Fauquier and Rappahannock Counties.

Green Team News

May this quote from Osage and Cherokee Theologian George Tinker help all consider our actions toward the earth.

Animals, birds, crops and medicines are all living relatives and must be treated with respect if they are to be genuinely efficacious for the people. The ideal of harmony and balance requires that all share a respect for all other existent things, avoiding gratuitous or unthinking acts of violence. Maintaining harmony and balance requires that all necessary acts of violence be done in a sacred way. Thus nothing is taken from the earth without prayer and offering."

A decorative border of small globe icons, each showing a different view of the Earth, surrounds the text. The globes are arranged in a rectangular frame around the central text.

Earth Care Lending Library

Spend some time in the Tack Room of the Fellowship Hall, and you may notice a shelf labelled *Earth Care Resources*. The Green Team is providing this as a gift to the congregation, to share the materials we've been collecting over the years as we moved toward becoming an Earth Care Congregation. May we interest you in some of our titles? How about "Diet For a Hot Planet", "The Lazy Environmentalist", or "Inhabiting Eden: Christians, the Bible and the Ecological Crisis"? These books and more are available. Please look for the clipboard where you can see a list of what we have in the library, and jot down your name to help us keep track of borrowed items.

Household Battery Recycling

For several years we have provided a box in the Fellowship Hall to collect used batteries, but it seems to get misplaced when setting up for various functions. We have relocated the box to the Tack Room, on the bookshelf next to our lending library. When the box fills up, the batteries are taken to *Batteries Plus Bulbs* in Charlottesville.

Several people have asked: "how and why does the Green Team encourage us to recycle our single-use (alkaline, non-rechargeable) batteries? I thought it was OK to throw those into the trash." A call to *Batteries Plus Bulbs* revealed that although single-use batteries are considered non-toxic and can go into the trash and then into the landfill, they are recyclable.

On the other hand, if you do have any **rechargeable** batteries, these must not go into the landfill because they do contain toxins. This would include things like nickel cadmium camera batteries, lithium ion cell-phone batteries, small sealed lead acid batteries, and zinc hearing aid batteries.

The good news is, you can place any kind of household batteries in the Green Team collection box, because *Batteries Plus Bulbs* sorts them out for us. Their store sends both the rechargeable batteries (for free) and the single-use ones (for \$1.99/lb) to a company called Battery Solutions, where the toxic materials in rechargeable batteries are properly disposed of, and the other materials (paper, plastic, and metals) in all types of batteries are separated out and re-purposed. Bottom line: more stuff recycled; less stuff in our landfills.

Please note that for increased safety, experts recommend that you cover the ends of your batteries with clear plastic tape before throwing them into a collection bag or box, to prevent any current transfer.

You can read more at www.batterysolutions.com, or look for articles in the folder on our bookshelf.

Berta Storey, Green Team Leader

PS – No endorsement of *Batteries Plus Bulbs* intended. This is simply the only battery recycling option we found locally.

July Foods of the Month

Canned vegetables and fruit, soup, rice, dried beans, hot and cold cereals, packages of Macaroni and cheese, and crackers

Please bring in your donations and place them in the container provided in the Narthex. Donations are then given to Madison Social Services for distribution to those in Need.

Thank you!



Caregivers Needed

The Grounds Committee is looking for a few willing caregivers to help with various spots in the landscape around the church buildings. These spots can be as large or as small as you wish and I will help you as much or a little as you wish. Basic needs include weeding, watering, occasional pruning and keeping an eye out for "bad bugs", which I will tackle. I understand the church had a similar arrangement in the past, and I'd like to see if there is interest again.

The four new containers planted by children attending Vacation Bible School have already been adopted. Thank you Foster Parents!

We also need a mower to cover one spot in the summer mowing schedule left open by Tom Dorrier's move north. The week involved is September 6 - 8.

Please contact me by email, phone, or at church.

Thank you,

Heidi Sage

Grounds Team Leader


July Mowing Schedule

July 5-7 George Carroll

12-14 Nick and Joyce Humphrey

July 19-21 Allan McLearen

July 26-28 John Haines



July's Birth flower is **larkspur**. Each color variation of larkspur has a different meaning: pink means fickleness, white conveys a happy nature, and purple normally represents a first love. Generally, larkspur indicates strong bonds of love. The other July flower is the **water lily**, which signifies purity and majesty.

NEWSLETTER ITEMS

Have something you want
published in our
Newsletter? Please
contact me by email:

gcabc3.carroll@gmail.com
or phone 540-948-9922.
George Carroll

