



THE GOOD NEWS

**The Good News is published weekly and monthly by
the First Presbyterian Church of Commerce, Texas.**

August 2018

Inside this Edition:

A Message from the Pastor
Presbyterian Women's News
Take Excessive Heat Seriously
Newsmakers
New on the Bulletin Board
August Calendar
August Worship Leaders
Food Pantry Items
Halls Off Prayer List (Good News)
In Our Prayers
Upcoming Bible Readings
SCAMP Pictures
More SCAMP Pictures
Bob Likes to Be Early
Deadline for Next Newsletter
Birthdays and Anniversaries
Staff, Session, and Committees
Grace Presbytery News Link
Please Keep Us Informed

Worship with us this Sunday!

"A Christian Community of Faith"

9:45 a.m.
Sunday School for all ages
10:50 a.m.
Sunday Worship

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A Message From the Pastor

Dear Family and Friends of FPCC,

This summer of 2018 has been a busy, productive and rewarding summer. I could share with you all the details and statistics for each event, but instead I want to share with you all a few moments from this summer that touched my heart and soul.



In June, I went to the **Presbyterian Church's National General Assembly** meeting in St. Louis, MO. The moment that I will always remember is when one of the Young Adult Advisory Delegates (YAAD) stood up at a microphone and live, in front of almost a thousand people, and millions more from the live broadcast streamed by the event, shared a very intimate, vulnerable, and important detail about his life that he had not yet shared with his family and friends. Some wondered why he chose such a public setting. I remember replying, "I guess it meant he felt supported, and that it was a safe place to do so. If that is so, I'm so happy we (*the PC(USA) church*) are becoming a place where that is true."

A few days later the same young adult came forward to respond that a lot of people had told him he was brave to get up in such a public setting and share such a vulnerable story. He told us he wasn't brave—he only felt that this was the very place where he felt safe and supported.

We had our 4th annual **SCAMP** (Summer Creative Arts and Music Program) designed, lead, and hosted by FPCC in July. It was the hottest week of the summer so far. Luckily, **Tyler Richardson**, the "Movement" teacher, kept the kids active INSIDE where it was cool. When parents signed out their kids at the end of each day, I would overhear the children excitedly tell them everything they had learned and done that day. That is music to a camp leader's ears.

I have a lot of heartwarming SCAMP moments, but one that I captured on video was when the kids were arranging the

Continued on page 4



PRESBYTERIAN
WOMEN

By Toni Deaton

Upcoming PW Events:

- **Monday, Aug. 20, at 9 a.m.**—We will meet to trace and cut baby caps in fellowship hall.
- **Tuesday, August 28**—We will have the opportunity to hear **Amy Poling-Sutherland**, author of the 2018-2019

Horizons Bible Study, *God's Promise: I am with You*, at **FPC-Ft Worth**. She will explore how God's promise speaks to our circumstances, as individuals and as a community. We will be encouraged to know of God's presence with us wherever we find ourselves. The program begins at 10 a.m. and lunch (\$7) will follow at Noon. Please notify me if you would like to go so I can turn in reservations. We will leave from the church parking lot at 8 a.m. The reservation deadline is Aug. 20.

- **Saturday, Sept. 8, at 12:00 Noon**—**PW Fall Salad Luncheon** in fellowship hall. Plan to come and bring a guest. Don't forget to bring a salad!

TAKE EXCESSIVE HEAT SERIOUSLY!

We all know it is VERY HOT outside. We also should all know that when temperatures are near, at, or over the century mark, extra caution is mandatory. STAY INSIDE during the hottest part of the day. If you feel overheated or otherwise distressed, LET SOMEONE KNOW!

Here are some other tips from a variety of sources to help survive



1. **Stay hydrated.** As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Drink plenty of water. Avoid alcohol. Eating light helps. Consider cold salads or more fruits and veggies or a cold smoothie. Cold watermelon has lots of water in it.
2. **Dress cool.** Wear light, loose-fitting clothing. Consider going shoeless inside.
3. **Cool down.** Air conditioners and fans are a must. Take showers as needed. Start with lukewarm water and gradually reduce the warm water until you reach a cool water temperature at is comfortable and soothing. Spritz yourself in between with a spray bottle kept in the refrigerator. When you feel hot, give yourself a cooling spray.
4. **Shut down.** Turn off unnecessary lights. Use the stovetop or, better yet, the microwave, instead of your oven. Put the dishwasher on “air dry” and open the door when the cycle is over. Or just use the dishwasher in the evening or early morning when it is cooler. The same goes for the clothes dryer. And if you have a fireplace, make sure the damper is shut so you don't send air conditioned air up the chimney.
5. **Relax.** Don't exert yourself if you can help it, especially during the hottest part of the day. Close your eyes and listen to relaxing music. Read a book. Take a nap.
6. If you can, **be with those you love.** If you can't, stay in touch. You might not need help, but they might!

BE AWARE AND BE COOL!



Mom Says Lily's Keeping Busy

Tina Fletcher Selvaggi is keeping us up-to-date on how Lily Selvaggi is doing during basic training at the U.S. Air Force Academy in Colorado.

Doolie's day out was recently celebrated there. Lily was hosted by a military family in Colorado Springs who invited four basic cadets to spend the day with them.



Lily (third from the left) and three of her USAFA classmates enjoyed some time off from training during Doolie's Day.

In a phone call, Lily sounded excited about all the possibilities at USAFA. Mom reports Lily is not a huge fan of physical training but she's doubled her fitness scores, which is great. Right now she says she's rather work at the Pentagon than fly a plane. She feels like she can see the big picture that way.

She loves her squadron and is the marching guide (guardon) for the delta flight. Now she's back off the radar and in the Colorado wilderness. She says they don't actually have to kill, skin, and eat their own rabbit—until next year.

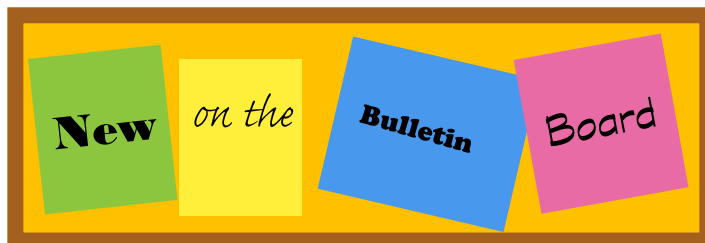
When that time comes, Lily should be able to simply chase down that wascally rabbit or give it a head start and

just shoot it—as witnessed by these training photos of what she is doing while she's in the Colorado wilderness.



Annie Oakley in Cammo?

No, it's Lily Selvaggi practicing to shoot that rabbit (above) and whipping her fellow cadets into shape (at left).



♦A note from Viola M. Brummett that accompanied a check written to FPC in memory of her friend Joyce McCord.

♦A flyer inviting you to join C-CAP for its annual trip to see the Candlelight Tour of Homes in Jefferson.

♦A flyer inviting you to a two-day workshop at First Presbyterian Church of Arlington on Aug. 3-4.

♦A flyer inviting you hear Tim and Tina Ayers talk about death and dying and how to make final preparations.

♦A flyer inviting Presbyterian Women to hear Amy Poling-Sutherland, the author of the 2018-19 PW Horizons Bible study. She will speak at FPC-Fort Worth. A lunch (\$7) follows.

A Message From the Pastor Continued from page 1

Orff instruments in Fellowship Hall to practice for the upcoming program for the parents. While Orff teacher, **Eric Plyler**, help set up and make arrangements, the children were striking the keys of the instruments with the mallets randomly while chatting simultaneously. I would have thought one sound to be at discord with the other, but every time I watch and listen to that video I hear a beautiful song full of laughter, excitement, comfort, and confidence coming from the instruments of the children's mouths and minds, and of course blended together with musical notes from the Orff instruments.

SCAMP would not be so successful and a favorite of the children if it were not for the hard work, organization, and dedication of the directors, **Bettina Zvanut and Kim Wheelock**, and besides Eric and Tyler, the other teachers who made a world of difference were **Toni Deaton** (Orff), **Jerry Ann Harris** (Art), and **Walt Davis** (Art and former director). **Kaitlynn's** favorite group was art. Of course, none of it would happen if it were not for the wonderful volunteers and sponsors. Thank you all for another great year of SCAMP.

These two events are special to me because they were examples and reminders that the church is a place that cares for and nurtures its people, no matter what age. I hope we continue to be a church that values education and provides a place of love, support, and trust for our youth, and everyone, to grow and flourish into the very people God created them to be—a beloved and gifted child of God.

CISD and TAMU-C classes start this month, so be looking forward to our back to school events coming in September—including Rally Day (Blessing of the Backpacks) and the Ice Cream Social!

Grace and peace be with you all,

Rev. Krista Rasco, pastor

August Calendar

Worship Schedule

- 5 Morning Worship service 10:50 a.m.
Sermon focus on Ephesians 4:1-16
- 12 Morning Worship Service 10:50 a.m.
Sermon focus on Ephesians 4:25-5:2
- 19 Morning Worship Service 10:50 a.m.
Sermon focus on Ephesians 5:15-20
- 26 Morning Worship Service 10:50 a.m.
Sermon focus on Ephesians 6:10-20

Other August events

- 8 Wednesday, 6 a.m.—Session meeting
- 20 Monday, 9 a.m.—PW trace & cut session
- 28 Tuesday, 8 a.m.—PW leaves to go to FPC-Fort Worth for lunch and to hear Amy Poling-Sutherland, Bible study author.
- 28 Tuesday, 5 p.m.—Food pantry board meeting

If we forgot something or someone has added something in August, please let us know about it.

August Worship Leaders

August 5

Host Elder:.....**Brenda Estes**
Head Usher:**Scott Stewart**
Candle Lighter: **TBD**
Liturgist:**Barbara Tucker**
Elements: **Neal Stewart**

August 12

Head Usher:**Monty Howard**
Candle Lighter: **TBD**
Liturgist: **Martha Clevenger**

August 19

Head Usher: **Walt Davis**
Candle Lighter: **TBD**
Liturgist:**Keith McFarland**

August 26

Head Usher:**Bob Johnson**
Candle Lighter: **TBD**
Liturgist:**Nancy Green**

Food Pantry Donation Items

The Commerce Food Pantry typically serves between 30-40 different families in need each week—over 120 families each month. Donations remain an important source of its ability to help these people. Remember to help out the food pantry with a donation of food each Sunday.

Here are suggested donations. There is a box just inside the sanctuary for your donation.

1st Sunday—Saltine crackers

2nd Sunday—Ranch Style Beans

3rd Sunday—Spaghetti sauce (in cans)

4th Sunday—Chili without beans

5th Sunday—Canned pineapple

In addition to the above, the Commerce Food Pantry is always in need of grocery paper bags with handles (Braun's paper bags are perfect). If you have any spare paper bags, please consider donating them at any time.



Upcoming Bible Readings

**Sunday (Aug. 5) Is the
11th Sunday after Pentacost**

Old Testament: 2 Samuel 11:26-12:13a *David Has
Uriah Killed / Nathan Condemns David*

Psalter: Psalm 51:1-12 *Prayer for Cleansing and
Pardon*

Gospel: John 6:24-35 *The Bread from Heaven*

Epistle: (and sermon focus): Ephesians 4:1-16
Unity in the Body of Christ

**Sunday (Aug. 12) Is the
12th Sunday after Pentacost**

Old Testament: 2 Samuel 18:5-9, 15, 31-33 *The
Death and Defeat of Absalom / David Hears of
Absalom's Death / David Mourns for Absalom*

Psalter: Psalm 130 *Waiting for Divine
Redemption*

Gospel: John 6:35, 41-51 *The Bread from
Heaven*

Epistle: (and sermon focus): Ephesians 4:25-5:2
Rules for the New Life

Good News for Hall Family

Brandon & Kate Pullen Hall have been removed from prayer list. They are the son-in-law and daughter of close friends of Carole and Roger McKenzie. Kate was pregnant with twins, but lost one early in the pregnancy. Doctors were concerned for the remaining twin, but Kate has successfully delivered a healthy baby boy.

In Our Prayers at First Presbyterian

Our Troops	Gordon Hunter	Bruce Campbell	Sara Grace Pullen
Melba Blount	Amy Lopez	Joe Yeakley	Grace Byrd
Gayle Shumate	Gladys Gray	Mildred Miller	Gaye Furry
Preston Helton	Catherine King Robertson	Bennie Neve	Ron Davis
Jan Burns	Audrey Hucks	Larry Ratliff	Jack Gray
Jean Angotti	Jim Calvert	Tammi Fucci	Adele Reeves
Bob Wilkins	Joe Dipiazza	Deryl McKenzie	Danny Spruel
Kristen Anderson	Family of Beverly Murphy	Family of Donald R. Smith	
The Chang Family in Atlanta and China	Family of Freda Lambert	Family of Joyce McCord	
Family and friends of Gary Smith			



If you have anyone you would like to add to the Prayer List, please contact the church office.



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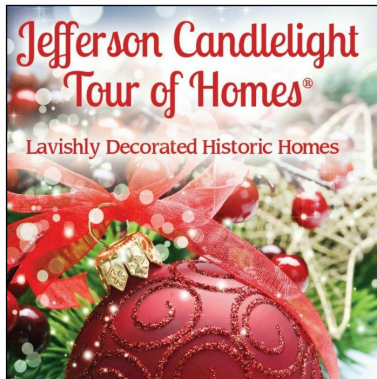
Photos from Rev. Rasco and Kim Wheelock



Bob Likes to Be Early

Or maybe he wants FPC friends to get first shot. Anyway, we know it's early, but just so you can mark your calendar now, FPC's **Bob Johnson** sent us information about the Commerce Community Action Program's trip to see the **36th Annual Candlelight Tour of Homes in Jefferson**. Bob promises this will get you in the Christmas Spirit. Cut-off date is when the bus fills up or Oct. 31, whichever comes first.

Leaving early Friday, Nov. 30, and returning late, the trip includes time for lunch and antiquing on your own. The cost of \$55 per person includes a tour ticket and motor coach transportation for the tour and to and from Commerce and Greenville.



**Deadline for the next Good News is
Wednesday, Aug. 15, for the
mid-August edition.**

August Dates to Remember

Happy Birthday to:

- 4 – Donna Dickerson
- 5 – Odeana Stewart
- 6 – Jason Rasco
- 7 – Kay Davis
- 7 – David Duncan
- 17 – Nancy Humfeld
- 17 – Gaye Furry
- 20 – Rose Rhodes
- 23 – James Ballew
- 23 – Melissa Towne
- 29 – Rick Selvaggi

Happy Anniversary to:

- 8 – Toni & Jim Deaton
- 31 – Mona & Larry Towne

*If we forgot you or got a date wrong,
contact the church secretary.*

First Presbyterian Church

Staff, Session, and Committees

Staff

Pastor Rev. Krista Rasco
Clerk of Session Wally Tucker
Music Director Micah Krajca
Pianist David Vergara
Nursery Attendant Carolyn McFarland
Secretary Roger McKenzie

Session Members

<u>2018</u>	<u>2019</u>	<u>2020</u>
Martha Clevenger	Brenda Estes	Nancy Green
Jordan Conner	Tina Fletcher	Bob Johnson
Wally Tucker	Russ Garmon	Neal Stewart
Bettina Zvanut	Lily Selvaggi	

Session Committees

Worship:

Chair Martha Clevenger
Co-Chair Nancy Green

Christian Education:

Chair Bettina Zvanut
Co-Chair Nancy Green

Membership and Pastoral Care:

Chair Brenda Estes
Co-Chair Tina Fletcher Selvaggi

Mission/Evangelism:

Chair Bob Johnson
Co-Chair Bettina Zvanut

Buildings and Grounds:

Chair Russ Garmon
Co-Chair Neal Stewart

Stewardship and Finance:

Chair Jordan Conner

Personnel:

Chair Wally Tucker

Note: Some committees do not have co-chairs.

Grace Presbytery News

If you would like to receive the bi-monthly editions of Grace Presbytery's eNews (electronic newsletter), go to www.gracepresbytery.org and click on the "JOIN NEWSLETTER" tab to subscribe. Or if you just want to see the latest edition, click [here](#).

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with your news.**