



**MORROW
PRESBYTERIAN
CHURCH**

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"Reflecting Christ Together"

**We're on the Web! Visit us at
www.morrowpresbyterian.org**

Vacation Bible School—June 7–11, 2015



ITEMS NEEDED FOR VBS

- ◆ Tires or Wheels (inflatable or road)
- ◆ Black Bulletin Board Paper
- ◆ Toy Cars (sizes may vary)
- ◆ White Masking Tape
- ◆ Hula Hoops
- ◆ Plastic Colored Balls
- ◆ Old License Plates
- ◆ Racing Theme Décor
- ◆ Sports Theme Décor
- ◆ Traffic Cones



- ◆ Flags (various)
- ◆ Sports Balls (basketball, soccer, football, etc.)
- ◆ Colored Slinkys
- ◆ Pool Noodles
- ◆ Balloons
- ◆ Construction paper
- ◆ Poster Board

A box will be placed in the fellowship hall for you to place these items in. For larger items, please see Tori Laster.

Teachers and volunteers are still needed.

Please see Maria Cruz if you would like to help.

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**Morrow Presbyterian
Herald**

The Pastor's Pen



For Lent I am going to be bored. That's what I want to take on.

There was a woman who noticed that in her busy life she had times to do nothing. When those times arose, she turned to her smartphone to read emails, post tweets and Facebook messages, and play "brain games" (this is what she did mostly). All the time, she had to stick her nose in her phone to keep herself preoccupied.

She remembers when she didn't have a cell phone (yes, she is around my age), and she filled the extra time with spacing out. She let her mind wander. She let her focus narrow on some insignificant thing out there, and she thought about nothing important. But then the smartphone was created, and the need to be connected with the world became a fad, and she found herself filling every crack in her day with busyness. She's been doing this since 2009 and has never needed to be bored. This disconcerts her. She wonders if she has been missing out of something. What damage has been done to her brain by not allowing herself to be bored?

She spoke with several neuroscientists, and they have done research with brains on what is called mind-wandering. Creativity and daydreaming, they have found, are "peas in a pod." When the mind is idle, essentially being bored, creativity is heightened. We have a clearer vision of our goals and how to bring plans together to meet those goals. We are even creative enough to find the tools to get jobs done. When we are bored the thoughts turn inward, doors of possibility open, and we have a better sense of our purpose in life. Trying to fill all our time with staring at the smartphone may be killing what our brains desperately need. If we are not creative, our minds may not grow. They may atrophy, and we lose intelligence. We may find ourselves unable to think our ways through problems.

So for Lent, one of the things I hope to do is be bored. One Yale sociologist calls it "positive constructive daydreaming." From a more spiritual perspective, it is called meditation and reflection. I hope to let my mind wander when I don't have anything to do. It may only take 5 minutes, maybe less. I hope to space out and focus on something insignificant, and let my brain do what is natural and important.

As I do this, I hope to hear the voice of God. I have before. Well, not really "God's voice" but more like an intuition. More like a strong feeling that forms into words, and when I listen to those words I am forced to get up and follow them. I hope to do this every day for the 40-plus days of Lent. Hopefully, I will carry on beyond Lent, and let myself enjoy the boredom. They will be holy moments of learning and growth with God.

"Love the Lord your God with all your soul and all your **mind** and all your strength..." "I will pray with my spirit, and I will pray with my **mind** also; I will sing praises with my spirit, and I will sing praises with my **mind** also..." "Do not be conformed to this world, but be transformed by the renewal of your **minds**, that by testing you may discern what is the will of God, what is good and acceptable and perfect" (Mark 12:30, 1 Corinthians 14:15, Romans 12:2).

Peace in Christ,

Rev. Dr. John

¹From the podcast On The Media, "The Case for Boredom," February 5, 2015.

Prayer Requests

PRAYING FOR OUR MEMBERS, FAMILIES, & FRIENDS Mary Creech (friend of Suzanne Lukat), Family of Jun Zabala (friend of the Moriles'), Family of James Harvey, Lizzie Hendrix (friend of Kimberly Moriles), Sara Ruth Owens (Shirley Thrailkill's cousin), Emily Starr, Cathy Thomas (co-worker of Rita Coughlin), Jennifer Barber, Ruth Batchelor, Gary Bell, Trina Berry, Carol Bevil, Jo Bevil, Esther Bland, Allie Brandon, Mary Bridges, Allene Brown, Dr. Todd Bruno, Windle Byars, Ray Cabayan, Cathy Chambers, Betty Colwell, Kim Ennis, Bob Eskew, Sherrie Esquivel, Will Felt, Connie Funk, Jessica Giddens, Penny Gordon, Sharon Goza, Allen Grant, David Hadler, Bob & Gail Hardy, Erin Harkens, Beth Harper, John Henrickson, Rev. Penny Hill, Jeannie Hodges, Betty Janes, George Kempson, Barbara Lester, Vickie Loper, Noli Luna, Ron Marcovecchio, Marcia McCord, Julia McLeod, David & Faye Moss, Anne Nixon, Nan Norton, Nuss Family, Breanna Ordaniel, Shanti Paramanandam, Beverly Pruet, Chuck Reed, Gordon & Shirley Richardson, Shanna Robinson, Allene Rowland, John Sandberg, Epetacio Sebilja, Willie Sharpe, Keith Stanley, Carolyn Sterns, Margaret Strelsky, Ann Thornton, Morse UpDegraff, Eddy Wheeler, Terry & Margie Williams. **OUR MISSIONARIES:** Rev. Al **Tinio** & family in the Philippines; Dan & Elizabeth **Turk** - Madagascar. **OUR MILITARY:** Scott **Bland** - Navy, Virginia; Shaun **Bland** - Navy, Georgia; SPC Kevin & Jaime **Brown**—Army—Fort Riley, KS; Jeremy **Butler** - Marines; Sk2 Robert **Crain**, Tennessee; SPC Joseph **Eason**, Fort Bliss, TX; Jonathan **Johnson** - National Guard - GA; Kevin **Krebs**, AK; SSG Richard **Venizelos** - Air Force, CO.; SPC Justin **Wartick** - Army, TX.

Surgical / Medical Mission to the Philippines



Romy & Mary Ann Moriles will join a 30-people team of doctors and nurses from Pensacola, FL for a surgical/medical mission in Cebu, Philippines from May 21-29, 2015. Kevin, Kimberly, and Kathlyn will join them as student volunteers. Please pray for the whole team. There will be surgeries and outpatient medical consults. Also, they would like to collect old summer clothes and shoes to donate to those needy patients and children. **A box will be in the fellowship hall for your donations.**

Cupcakes for Korea, March 22, 12:15 p.m.

Marissa McKee has been selected to travel through a school program called Mercer on Mission, to South Korea. While in South Korea, she will help teach 1st through 6th grade students at Drim School, located 60 miles south of Seoul. Drim School is the first special education foundation for North Korean refugees and their children. Her group will be teaching English and simple robotics as well as exposing the refugees to westerners, long held as the enemy in North Korea. She is ecstatic to have been selected for this trip and to have the opportunity to be a part of these refugees' lives and rehabilitation.

Mercer University covers most of the cost, but Marissa will need to personally raise \$3000. Therefore, she will be having a **bake sale** (Cupcakes for Korea) following the worship service on March 22, following the worship service. She plans on selling an assortment of cupcakes, cookies, and small cakes with all of the proceeds going toward paying for the trip.

In addition to the selling of the baked goods, she is also hoping to **collect children's books**. The books will be donated to the Drim School in order to establish their own library for further education of the English language. Please bring any new or gently-used children's books for her to take to the school.

FNS & Program—March 22, 6 p.m.



Kids' Club Program - March 22. Kid's Club will present a *My God Is Mighty* program on **Sunday, March 22.** **This year the dinner will be a covered dish supper instead of a fundraiser.** The children and their leaders work hard each winter to bring the congregation this special program. Let's show our support by coming out to see and hear this presentation.

BBQ Fundraiser, March 8

Food Pantry BBQ Fundraiser, March 8, 12 noon.

Mark your calendar - our annual Food Pantry BBQ fundraiser will be immediately following the worship service on **Sunday, March 8.** Always delicious and for a worthy cause!



Young at Heart— March 24



Okay, Young-at-Heart folks, here is the plan for our March activity! On **Tuesday, March 24** (note change from Wednesday to Tuesday), we will carpool from the church at **11:00 a.m.** to go to the **DELTA FLIGHT MUSEUM** at the Atlanta Airport.. We will have lunch at Barbecue Kitchen on Virginia Avenue at 11:30 and go to the Museum at 1:00 PM. We will have a guided tour and shopping time at the Gift Shop of the Museum, so you might want to bring a little extra money because there are goodies there to purchase! Cost of the trip will be \$10.00 per person, plus lunch! Delta retirees, \$3:00...with I.D Mark this special day on your calendars and make your reservation with Ken at 770-961-2272.

Work Day, March 21, 8 a.m. - 12 noon.

Please mark your calendars and plan to be here.

Presbyterian Women

PWCT—March 1, 12:30 p.m. The PWCT will meet in the Pacer's classroom following the worship service. Mary Ann Moriles has the devotion; for the refreshments members may purchase a lunch from the Crosswalkers in support of Relay for Life. Items include hot dogs, hamburgers, BLT sandwiches, etc. with a donation of \$5—\$10. Don't forget to submit your nomination for the MPC Honorary Life Membership no later than March 1. Nominations may be turned in to Moderator Stephanie Lozel or to the church office. The award will be presented on Mother's Day, May 10.

Virginia Dews Circle, March 9, 6:30 p.m. The Virginia Dews Circle will meet at the church in the Pacers Classroom on March 9, 2015 at 6:30 p.m. They will continue the study of Women of the Bible. Lei Eason will provide refreshments and Judy Chapman will have the devotion. Their project for March will be preparing bags of food for the homeless.

Dorcas Circle—March 10, 10 a.m. The Dorcas Circle will meet in the Fellowship Hall. Suzanne Lukat will lead the Bible study—James, Chapter 4:1-12. Hostesses are Marilyn Mitchell and Libby McNair. Kathy Prince has the devotion. Please bring money for the Calvary Refuge Center.

Morning Glory Circle— March 22, 9:45 a.m. The Morning Glory Circle will continue in their Bible study using the book, *"The Best Yes,"* by Lysa TerKeurst. Please read Chapters 7—9.

Reception for Nursery Staff, March 15

Bernie Pascual and Linda McCain have been our loving and loyal nursery staff for many years. They will be "retiring" from being paid staff as of Easter Sunday, April 5. Bernie will be focusing on her college classes as she works toward her BAS Administrative Management degree. They have both offered to serve on our nursery volunteer rotation. We would like to show them how much we appreciate them so we will have a reception for them and their families following the worship service on March 15.

Baskets and More, April 26



The next Baskets and More Silent Auction will be April 26, 2015. This auction is raising money for our Relay for Life Team! Please get your creative juices flowing and come up with a great food basket, homemade item, homebred item, plant or something for the kids. Please call Susie Grant (770-954-9356) or Marcia Cartledge (770-478-4004) if you want to get on our entry list. Remember to have a title for your entry and a low bid amount to be added to your Silent Auction Bid Sheet. If you can't donate anything to raise money for our team, please think about giving them a donation and for sure attend Relay and join in with the fun. We'll see you on Sunday following church on Sunday, April 26, 2015.

Youth Deposits Needed by March 29 - TGE/FITS. If you plan on attending either The Great Escape or Fun in the Son retreats, Andra Gammage needs your non-refundable \$100 deposit by March 29.

Thank You Notes

From Vickie Loper ... Dear MPC Family, Thank you so much for all of your cards, thoughts, but most of all your prayers during my recent surgery and treatment. I feel them! I love and miss you all and hope to be able to come visit you later this year. Take care and God bless!

From Willie Sharpe ... Thank you from the bottom of my heart. You brightened my day! This is a note of thanks for all of your prayers, your cards, your positive thoughts, and your best wishes for Audrey and me as we deal with the aging process. The pacemaker is working well, and I am getting back to normal. It does take the elderly a bit longer, but we feel blessed to be well on the road to complete healing. With God's blessings and sincere thanks.

From Shanti Paramanandam (relative of the Eason's)... *"Kind deeds are like little prayers—thank you so much."* Dear praying brothers and sisters. Thank you for your prayers and encouragement. In Christ...

From Bill & Shirley Thrailkill ... We want to thank all of you for your prayers, calls, food, and encouragement to us in the recent death of Bill's brother, Michael. We appreciate all of your kindness. It made a difficult time easier to bear. In Christ's love...

From Ben & Marcia Cartledge... To all of our church family—thank you for your love and kindnesses during the long recovery after Marcia's new knee. Your cards, phone calls, visits, delicious food and prayers meant so very much!! We are so lucky to have such a close church family.