

# Tidings

THE FIRST PRESBYTERIAN CHURCH  
OF HOWARD COUNTY

JULY/AUGUST 2014  
ISSUE 7

*Dr. O. Morton Harris, Jr.*  
Co-Pastor

*Dr. Sue Lowcock Harris*  
Co-Pastor

*The Rev. Ruth Bell*  
Parish Visitor

*The Rev. T. Webster Brenner*  
Parish Associate

*The Rev. Stephen Mann*  
Parish Associate

*Virginia Callegary*  
Director of Christian Education

*James Galdieri*  
Director of Music Ministries

*Caroline Smith*  
Executive Assistant

*Patricia Travers*  
Bookkeeper

*Woody Collins*  
Church Sexton

*Marla Youkers*  
Child Care Coordinator

*Kathy Moore*  
Godly Play Coordinator

## *Along the Stream*

We're well into our summer explorations of the streams that nourish and sustain our lives. Those in First Worship have been centering in on our experience of worship itself - what we do, why we do it, how it helps us stay strong in our faith. Those in Summer Worship have considered the streams of what our tradition calls *the means of grace*: those sustaining experiences and practices through which we meet the transforming presence of God in Jesus Christ. So far we've thought about Jesus' ministry of compassion, our way of sharing leadership, Scripture and how we use it, our participation in civic life, and the stream of song.

This gentle glide down the stream is picking up speed, as the current carries us forward towards a special fall season here at First Church. As I explore my roots and streams, you'll be further exploring who we are as a people of God in this place. The Session has invited The Rev. Walt Peters to come be our Pastor-In-Residence this fall. Walt is an Honorably Retired member of Baltimore Presbytery. He most recently served First Church Westminster and has also served churches in Georgia and Florida. Walt and his wife now live in Hagerstown. We are honored and excited that Walt has said yes to this invitation and call, and we look forward to introducing him as our Pastor-In-Residence on AKWAABA Sunday, September 7<sup>th</sup>.

My Sabbatical begins on September 15<sup>th</sup>. The first month is a vacation time for Morton and me together. He'll be back at First Church on October 16<sup>th</sup>. I'll stay in Britain for another 8 weeks, and return to First Church just in time for the Fourth Sunday of Advent. I'll talk more about the details of my sabbatical during After-Church on Sunday, August 24<sup>th</sup>. With your root beer floats in hand, we'll gather in Branch Hall for a conversation about where I'm going and what I hope to discover.

Take a look at the special guests coming to First Church this fall (see page 8). And put these dates on your calendars now!

Meanwhile, we are floating *Gently Down the Stream*, exploring the beauty and wonder of God's grace together all summer long. So, see you in church!

*Grace and Peace,*  
*Pastor Sue*



**Relaxed, Reverent, Joyful!**  
**through Labor Day Weekend**

**9:00 a.m.**

### **First Worship**

Thirty good minutes especially friendly for families with young children. Everyone is welcome!

**10:00 a.m.**

### **Summer Worship Godly Play**

Neither "traditional" nor "contemporary" just the best of our worshipping tradition!

**Childcare available  
at both services**



is now available  
online!

from the menu bar of  
[www.firstpreshc.org](http://www.firstpreshc.org)

and on



[http://www.facebook.com/  
firstpreshc.](http://www.facebook.com/firstpreshc)

## *Mission News*

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### La Oroya, an Ecological Disaster

While eight members of our congregation were traveling in Peru to learn about the work of the PC (USA) and its partner organizations, they visited La Oroya. La Oroya is a city of about 33,000 people in central Peru, on the Montaro River, and the capital of the Yauli Province. It is also the location of a smelting operation that has earned the town a place on the list of the world's most polluted places. The smelter complex was built in 1922, and is the city's main employer. By the time the smelter was acquired in 1997 by Doe Run Peru, an American corporation, it was already obsolescent and suffering from disrepair because the previous owners had invested little in modernization or clean operations. As a result of years of pollution, the river and the earth around La Oroya have become seriously polluted. This has had an impact beyond La Oroya because the Montaro upper and middle watershed is one of the most important agricultural production areas of the Peruvian Andes, a major producer of hydroelectric energy for Peru, the site of important biodiversity, and the home of 700,000 people. Residents of La Oroya have been found to have alarmingly high concentrations of lead in their drinking water and their blood, and many have bronchial troubles. A study carried out by the Director General of Environmental Health in Peru two years after Doe Run's acquisitions showed high levels of air pollution, with 85 times more arsenic, 41 times more cadmium, and 13 times more lead than amounts generally considered safe. (The average lead level, according to a 1999 survey, was triple the World Health Organization limit, with 99% of children having blood levels which exceeded acceptable limits. Neurologists at local hospitals state that even newborn children have high blood lead levels, inherited while still in the womb.) Sulfur dioxide concentrations also exceeded the World Health Organization guidelines.

Doe Run Peru made a number of efforts to reduce the pollution being created by the smelter, and to ameliorate the resulting effects on the population and ecology of La Oroya, but was unable to satisfy the legal requirements put on them by the Peruvian government. As a result, Doe Run went into receivership, and operation at the smelter complex largely ceased while the company's creditors evaluated the company's situation. Then in April 2014, Peru's Minister of Energy and Mines reported the resumption of operations at the complex through a consensus between the creditors, the company, and the workers at the smelter, all of whom, he said, "were interested in resurrecting a vital investment in the economy of La Oroya." Meanwhile, he said he was looking forward to resolving pending issues related to construction required by the Peruvian government to remove pollutants at the metallurgical complex.

This summer, interested church members and groups such as Mission and Earth Care will start to investigate how we can help to improve life in La Oroya through the work of PC(USA) and its partners in Peru.

*Becky*



## Christian Education News



### **Children's Water Day**

On Sunday, August 3<sup>rd</sup> following the 10:00 a.m. worship service Water Day activities will be available for preschool and elementary-aged children.

Come run through the sprinkler or splash in a baby pool.

Don't forget to wear clothes that can get wet and bring a towel. For safety reasons children must be accompanied by an adult.



*Save the date for the  
Youth/Parent  
Orientation Picnic!  
Sunday, September 7, 2014  
5:00 - 8:00 p.m.*

## *The Big Read 2014*

### *Ten Things They Never Told Me About Jesus*

by John L. Bell, 2009: Wild Goose Resource Group

John Bell was our guest in March, and many of us cruising the book table asked that this book be our summer Big Read! The books have been ordered, but if you missed the order, you can get it at the website: [www.giamusic.com](http://www.giamusic.com). Enter the book title in the search box in the upper right corner!

Join in the discussion on one or both of the following dates:

- ✦ Big Read Gathering #1: Sunday, July 27<sup>th</sup> at 11:15 a.m. -  
We'll talk about the first five things they never told us about Jesus!
- ✦ Big Read Gathering #2: Sunday, August 31<sup>st</sup> at 11:15 a.m. -  
We'll discuss the second five things they never told us about Jesus!

So, grab some lemonade, bring your book and join the discussion!

Questions? Contact Sue Lowcock Harris  
[sharris@firstpreshc.org](mailto:sharris@firstpreshc.org), 410-730-3545 x25.



## Summer After-Church

During Summertime, we invite you to our series of informal gatherings after worship each week – at 11:00 a.m. Sometimes we gather to learn, sometimes to chat, sometimes to eat, always to explore the territory of our common life.

Here are the events for August!

August 3 - *Kid's Water Day*. See details on page 3

*Peru Movie*. If you missed the world premiere in June, come watch this wonderful movie of our mission explorers visit to Peru!

August 10 - *My GA Experience with Emma*. Emma served as the Young Adult Advisory Delegate for Baltimore Presbytery for the recent General Assembly in Detroit. She'll share her experience as a YAAD.

August 17 - *Family Treasures*. In anticipation of Pastor Sue's sabbatical explorations, we'll share a few personal roots and streams. Bring a photo, treasured object or artifact that tells a story about your family heritage.

August 24 - *Root Beer Floats!* Need we say more??? Get your root beer float, go to Branch Hall and be in conversation with Pastor Sue about her upcoming sabbatical.

August 31 - *Big Read Gathering #2*: The second five things they never told us about Jesus! See details on page 3.



## Year Round Stewardship

### MONTHLY STEWARDSHIP PRINCIPLE:

*Principle #6 - Leaders model and reach contentment and generosity.*

*Be shepherds of God's flock that is under your care, serving as overseers - not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve. (1 Peter 5:2)*

Martin Luther King, Jr. noted, "The time is always right to do what is right." God calls on us to provide a "righteous" model to other church members as leaders. We must do the right things, display a humble attitude, be generous, be willing to share, eager to serve, set a spiritual example, live a Christian life, and teach those who you encounter to lead a contented, Christian life. Consider the words of C. S. Lewis here: "He who has God and everything has no more than he who has God alone."

*For Further Reading: 1 Chronicles 19:1-20; Philippians 4:11; Hebrews 13:5; 1 Timothy 3:2-3, 6:6-9, 17-19; Titus 1:11; 1 Timothy 6:17-19*

## *Deacon Annual School Supply Drive*

Yes, summer has only begun, but school is just around the corner! The Deacons will once again be collecting school supplies for students in need. Despite the fact that Howard County is one of the richest counties in the nation, over 10,000 (almost 1 in 5) of our public school students must rely on the Free & Reduced Meal Program for nutritious food their families cannot afford. More than 500 of these students are categorized as homeless. For the growing number of families who can barely keep up with high food, fuel and shelter costs, buying expensive, required school supplies is next to impossible.

Beginning Sunday, July 27<sup>th</sup> and continuing through Sunday, August 17<sup>th</sup>, you will find a collection bin in the Lower Commons for donations of supplies. We will again support our local Running Brook Elementary School, as well as the countywide *Prepare for Success*, which provides supplies for students in need all throughout Howard County schools.

Some of the supplies requested are:

Backpacks	1-1/2" or 2" Three-ring Binders	Pencils
Marble Composition Notebooks (wide rule)	Dividers	Glue Sticks
Pocket Folders	Color Pencils	Blunt Scissors
Single Subject Spirals (wide rule)	Crayons	Pencil Bags
Wide rule loose leaf paper	Color Markers	Erasers
	Highlighters	Rulers



A big thank you to everyone who so generously supported our drive last year. The need is even greater this year and any help is greatly appreciated by the kids. If you have any questions, please contact the church office.

### ***JUST ONE CAN .... PLUS!!!***

#### *The month of July - Personal Dignity Products*



As part of the Board of Deacons' continuing campaign against hunger in Howard County, our featured donation for July is PERSONAL HYGIENE PRODUCTS.

Hygiene Products??? What do they have to do with Hunger? Food Stamps do not cover cleaning and hygiene products so your donations will free up cash that people can use for food and other necessities. The day-to-day struggle for food is hard enough without having to worry about the simple dignity of personal cleanliness.

Recommended items are:

Shampoo	Deodorant	Disposable Razors
Toothpaste	Bar Soap	Detergent

Please leave your donations in the wooden cart by the Welcome Desk in The Upper Commons. And please don't forget your regular Just One Can food donations also, as hunger is an on-going concern for too many of our neighbors. Thank you on behalf of the Deacons and the Food-Stressed of Howard County.

## The Green Page

*Going Green and living more sustainably are becoming increasingly necessary as well as more attractive and satisfying. This "Green Page" will look at one sustainability topic each month, with ideas to consider and steps to use individually and as a congregation to care for and honor God's amazing creation.*



### First Presbyterian is a Certified Earth Care Congregation

Restoring creation is not a short-term concern, but is a continuing task which has profound implications for the life, work and witness of Christian people. The Presbyterian Church (USA)'s GreenFaith Certification Program helps Presbyterian congregations to meet the requirements of the Earth Care Congregations Certification Program while also introducing them to interfaith approaches to caring for the earth and connecting them to other houses of worship. The GreenFaith Certification Program requires participating churches to "green" their buildings and grounds, develop relationships with environmental justice advocacy organizations and interfaith partners, and to integrate creation care into their education and worship. This complements the PC(USA) Earth Care Congregation commitment to earth care in all aspects of church life: worship, education, facilities and outreach. Upon completing the program, a church is certified as an Earth Care Congregation.

The First Presbyterian Church of Howard County is one of many Presbyterian churches which has been certified as an Earth Care Congregation, but is one of the very few to have been recertified a number of times. In accordance with the GreenFaith Certification Program, we audit our facilities and programs in order to save energy and water, use non-toxic cleaning and maintenance practices, recycle what we can, and offer healthy, sustainable food. We conduct environmentally-themed worship services and education for children, teens and adults. Hosting the Earth Forums, we have developed relationships with other stewards of the Earth, including people of various faiths and secular organizations dedicated to preserving the environment.

Finally, a walk around our beautiful campus will reveal why First Presbyterian is considered a living laboratory illustrating best practices for stormwater management to reduce runoff into the Bay. The grounds include: a rain garden installed to absorb runoff from the church roof; a "green roof" cultivated over the entrance to the Lower Commons; twelve native trees, eight Eastern Redbuds and four red Maples, planted in the lower woods to absorb water, and improve air quality; the dry creek bed built beside the Woodland Chapel to drain the storm runoff from the parking lot, and the conservation landscape garden cultivated in the lower woods with native plants to absorb that runoff to prevent it from entering a nearby creek. All of this demonstrates our commitment to being stewards of God's creation, and has contributed to First Presbyterian becoming a "green" leader within the Howard County environmental community.



**Earth Forum  
of Howard County**

### *EARTH FORUM RETURNS THIS FALL*

The Earth Forum and its engaging speakers and civil discussions on sustainable living and climate change, return next October for its sixth season. All Forums will be held the third Sunday of the month, at 2:00 p.m., at First Presbyterian Church of Howard County. Mark your calendar for the following dates and join us:

*In 2014: Sundays, October 19 & November 16*

*In 2015: Sundays, January 18, February 15, March 15, & April 19*

## Worship, Arts & Music News

### *An Offering of Flowers*

Summertime gardens are full of beautiful flowers - the fruits of our gardens. Let's share the beauty of God's world in worship on Sunday! There are two more special days for you to share floral offerings from your own gardens. On Sunday, July 27<sup>th</sup> and August 24<sup>th</sup> you are invited to bring flowers cut from your own gardens to worship. Bring your flowers, in a vase of your own choice, to the sanctuary 15 minutes before the service you plan to attend (either 9:00 or 10:00 a.m.). Please write your name on the bottom of your vase on masking or painters tape, so that you are sure not to lose it. If you can donate your flowers to the Deacons' flower ministry, please let the Deacon of the day know, and she or he will transfer your flowers to a church vase following worship for delivery. We can use as many arrangements as everyone can bring. You can bring two or three blooms in a bud vase, or an arrangement. Any size, any color combination, any shape - let's just enjoy the bounty of God's earth this summer with an offering of fruits and flowers from the garden!



### Akwaaba Sunday Flowers

Please help us decorate the sanctuary for Akwaaba Sunday, September 7, 2014, with some beautiful fall pansies in various colors!

In August, order forms will be available at the Welcome Desk and in the bulletins. The cost is \$4.00 each for *4 in a pot*. The deadline for ordering will be Sunday, August 24, 2014.

If you have any questions, please contact the church office, 401-730-3545.

## Fall Worship Schedule

Begins September 7, 2014

Twenty-third Sunday in Ordinary Time

Akwaaba! The Ministry Fair

We return to 3 services:

8:00 a.m., 9:30 a.m. & 11:00 a.m.

Church School at 9:30 a.m. for age 2 through grade 12

ARK for children age 2 through grade 1

L.I.F.E. for children in grades 2 through 5

Mid High class for students in grades 6 through 8

Senior High class for students in grades 9 through 12

Adult Education: Bible in Depth or First Forum at 9:30 a.m.



*Save these dates:*

- The Session approved the following guest preachers:
  - Rev. J. Herbert Nelson on 14 September 2014  
(supported by the WAM budget)
  - Rev. Bruce Reyes-Chow on 26 October 2014  
(supported by the Lilly Endowment Grant)
  - Rev. Frances Taylor-Gench on 16 November 2014  
(supported by the WAM budget and the Lilly Endowment Grant)



*July & August Birthdays*



Dear Church Staff and Church Family,

Thank you for your kind words, cards, visits, prayers, love and support after the death of my Mom, Eleanor. It was very comforting to receive peaceful and uplifting words daily during a very difficult time. Our family truly appreciates the beautiful basket of white daisies sent from the church staff and congregation.

I appreciate the love and concern that you extended during Mom's illness and the encouragement you offered to me. Thank you to everyone for being so flexible about my responsibilities in the office while I was out on bereavement leave. I will always be grateful for each and everyone of you.

*All our love and thanks,  
Caroline, Martin, Cheryl & Nathan and Diane*

## From Health Ministries

Please see this interesting article on *Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach* at this website: <http://dx.doi.org/10.5888/pcd11.130390>

*Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach*, authored by Jennifer DiNoia, PhD

### Abstract

National nutrition guidelines emphasize consumption of powerhouse fruits and vegetables (PFV), foods most strongly associated with reduced chronic disease risk; yet efforts to define PFV are lacking. This study developed and validated a classification scheme defining PFV as foods providing, on average, 10% or more daily value per 100 kcal of 17 qualifying nutrients. Of 47 foods studied, 41 satisfied the powerhouse criterion and were more nutrient-dense than were non-PFV, providing preliminary evidence of the validity of the classification scheme. The proposed classification scheme is offered as a tool for nutrition education and dietary guidance.

Submitted by Beth



*Congratulations to the members of our church family who were recently married!*

*May God bless you!*



The seventh Annual User Group Meetings are scheduled for *Thursday, August 7<sup>th</sup> and Wednesday, August 13<sup>th</sup> at 7:00 p.m.* The purpose of these meetings is to review the procedures of using the church facilities and scheduling meetings for the 2014-2015 program year with outside groups. Our Executive Assistant, Caroline Smith, leads the meeting and both Co-Pastors are in attendance.

The Church Office  
will be closed on  
Monday, September 1<sup>st</sup>  
in observance of



**DUE DATE FOR  
TIDINGS ARTICLES**

Tidings September 2014 Issue 8  
is Thursday, August 14<sup>th</sup>

To be mailed Wednesday, August 20<sup>th</sup>

Please send articles to [churchoffice@firstpreshc.org](mailto:churchoffice@firstpreshc.org)  
before or by the due date!

Please keep us up to date  
with your current home and email address  
so you won't miss a single issue of **Tidings!**

Changes can be sent to [churchoffice@firstpreshc.org](mailto:churchoffice@firstpreshc.org)

**GO GREEN!**



Sign-up to receive your monthly  
issue of *Tidings* via email  
and save some trees and money!

Thank you to many who have  
signed up already!

Send your email address to [tidings@firstpreshc.org](mailto:tidings@firstpreshc.org)  
and next month you'll see *Tidings* in your inbox!

The First Presbyterian Church  
Of Howard County

July/August 2014  
Issue 7

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*Growing deep and wide!*



# Summer

## *August 2014 Sunday Morning Worship*

*Summer Worship continues through Labor Day Weekend*  
9:00 a.m. — First Worship                      10:00 a.m. — Summer Worship

August 3

**Eighteenth Sunday in Ordinary Time**  
**Communion**

*Gently Down the Stream:*

*Taking Communion*

Preaching: Morton Harris

August 10

**Nineteenth Sunday in Ordinary Time**

*Gently Down the Stream:*

*A River of Prayer*

Preaching: Sue Lowcock Harris



August 17

**Twentieth Sunday in Ordinary Time**

*Gently Down the Stream:*

*Life is but a Dream—Holy Imagination*

Preaching: Sue Lowcock Harris

August 24

**Twenty-first Sunday in Ordinary Time**

*Gently Down the Stream:*

*Beyond 128 Characters*

Preaching: Sue Lowcock Harris

August 31

**Twenty-second Sunday in Ordinary Time**

*Gently Down the Stream:*

*Row, Row, Row the Boat*

Preaching: Morton Harris

*The Church Office is open Monday through Friday, 9:00 a.m. to 5:00 p.m.*  
CHURCH BULLETIN DEADLINE is every Wednesday at 9:00 a.m. email: [bulletin@firstpreshc.org](mailto:bulletin@firstpreshc.org)  
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