

Beyond the Columns

First Presbyterian Church—Danville, Virginia

189 Years of “knowing Christ and making Him known”

March
2016

Dear Friends,

Having taken an unofficial and completely unscientific poll during some meetings in recent weeks, I discovered that I am one of the few people who like an early Easter. While Easter can arrive anywhere between March 22 and April 25, we will not have it this early again until 2035. Of course, those dates simply refer to the “Western” church (mainly Catholics and Protestants). In the “Eastern” church (mainly Orthodox and Coptic), this year’s Easter is May 1!

The scheduling of Easter is too complicated to really get into here, but one of the reasons I like it early is that it usually makes for a more relaxing season of Spring. Less time between Christmas and Easter means more time between Easter and summer. That said, it also means that summer clothing—notably seersucker and linen—are appropriate for more of the year. This is particularly nice for those of us who occasionally wear heavy robes over our clothing.

Before we get ahead of ourselves, however, we have the remainder of Lent, including Holy Week and Easter. As always, we are welcoming our neighbors and their pastors to join us for worship and lunch on each day of Holy Week. Our attendance numbers last year were very good, so I hope that you will once again make a point to come to at least one or two of the services and lunches. In fact, last year’s Easter was the most-attended Easter since I’ve been in Danville, so I hope that we can come close to duplicating that feat!

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As for our focus through this month’s Bible passages, we are obviously moving toward studying Jesus’s death and resurrection. Because we are in the book of Luke, we will also be hearing stories that focus especially on Jesus’s compassion, mercy, and emotion.

We find that Jesus is genuinely grieved by our plight as sinners and by our common unwillingness to let him heal and restore us. He loves us as our creator—which he is—and also suffers in knowing just how far from understanding his love we often are.

In life, we probably all have times when we don’t understand God’s love, and we have times when we wish that others would understand our own love for them. As the season of Lent and the week of Holy Week remind us, Jesus experienced even the worst things that we could possibly experience so that we can be assured that he knows our pain and our turmoil.

Amidst all of this talk of sin and sadness, however, we must remember that this is good news. The story of Jesus does not stop on Friday, and it does not stop on Saturday. It goes all the way through Sunday, when we celebrate resurrection. If we view all of our difficulties in light of Jesus’s resurrection, then we remember that even though he knows all the pains that we experience, he wants us to know what it is like to be alive and restored to God.

So, even though following Jesus means that we will eventually come to a cross, it also means that the cross will be followed by resurrection. That is another advantage of an early Easter. While we should always be celebrating the resurrection, an early Easter also gives us more time to bask in Resurrection Sunday before we all start leaving town to bask elsewhere!

I look forward to joining you in worship and ministry this month!

In Christ,

Allen



	28	29	Mar 1	2	3	4	5
9:45am Sun. Sch.	9:30am Prayer Group	6pm Deacons	12:15pm Chapel 4:30 pm Women's Bible Study	5:30pm Ch. Choir	Office closed	10:45am Bib. Study	
10:40am Fellowship	10am Staff Mtg.	6:15pm Handbells	6pm Wed. Supper			11:15am Lunch Program	
11am Worship	6:30pm Membership Cmte.	7pm GN Choir 7pm Property Cmte.	6pm Youth				
	6	7	8	9	10	11	12
9am Worship Cmte.	9:30am Prayer Group	6:15pm Handbells	12:15pm Chapel	5:30pm Ch. Choir	Office closed	10:45am Bib. Study	
9:45am Sun. Sch.	10am Staff Mtg.	7pm Session	4:30 pm Women's Bible Study			11:15am Lunch Program	
10:40am Fellowship		7pm GN Choir	6pm Youth				
11am Worship							
	13	14	15	16	17	18	19
9:45am Sun. Sch.	9:30am Prayer Group	6:15pm Handbells	12:15pm Chapel	5:30pm Ch. Choir	Office closed	8am Men's breakfast	
10:40am Fellowship	10am Staff Mtg.	7pm GN Choir	4:30 pm Women's Bible Study			10:45am Bib. Study	
11am Worship	11am VIP		6pm Youth			11:15am Lunch Program	
	20	21	22	23	24	25	26
PALM SUNDAY	9:30am Prayer Group	12pm Holy Week service & lunch	12pm Holy Week service & lunch	12pm Holy Week service & lunch	Office closed	10:45am Bib. Study	
9am Missions Committee	10am Staff Mtg.	6:15pm Handbells	4:30 pm Women's Bible Study	5:30pm Ch. Choir	12pm Holy Week service & lunch	11:15am Lunch Program	
9:45am Sun. Sch.	12pm Holy Week service & lunch	7pm GN Choir	6pm Youth				
10:40am Fellowship	4:30pm CE Committee						
11am Worship							
	27	28	29	30	31	Apr 1	2
EASTER	9:30am Prayer Group	6:15pm Handbells	12:15pm Chapel	5:30pm Ch. Choir	Office closed	10:45am Bib. Study	
9:45am Sun. Sch.	10am Staff Mtg.	7pm GN Choir	4:30 pm Women's Bible Study			11:15am Lunch Program	

What's happening

Faith and Prayer Walk

Weather should be great to continue worship after Sunday service by walking around the block in prayer and thanksgiving. Meet at the Sutherlin entrance as soon as we can after service ends.



Wednesday night supper

Dinner 6:00 pm Program at 6:45-7:30 pm

March 2 - District 2 Program: Bible Study

March 16 - District 3 Program: Covered dish-everyone should bring entrée and side dish. Drinks and dessert provided. Program on St. Patrick

Reservations are required by Monday before the dinner. Payment will be taken at the time of reservation. Call the church office: 792-7822.

Children's activities are planned for both evenings.

Please let Jackson Weller know if your child will be participating.

Chapel Time

Join us for a short lesson and prayer Every Wednesday at 12:15 in the Chapel (Sutherlin Entrance) There will be a special service on March 23 for Holy Week

Youth Group in March will be the 2nd, 9th, 16th, 23rd, and 30th from 6:00-7:30pm.

March 13th – Airbound Trampoline Park – Following the Worship Service we will go to Greensboro and jump around at the trampoline park. Time, price, and forms will come via email, but mark your calendars!!!

March 26th – Lunch Ministry – This is our opportunity to put our faith into action and share God's love to others through a meal. Hope to see you there, remember we will help from 10:30am-12:30pm.

jackson@fpcdanville.com 792-7822



Church Women United

March meeting will be held at FPC in the juice room on Friday, March 4th starting with refreshments at 10.30 and worship from 11-12 in the chapel. All are invited and Donna Parris will be presiding.

Remember the Health & School Kits. Instructions are on the bulletin board and deadline is April 1st.

CHILDREN'S ACTIVITY

March 19th – Let's Go Fly A Kite- We will make and fly kites on the afternoon of the 19th, please be looking for a postcard with more information.

March 27th – Easter Celebration and Egg Hunt – We will meet in the 4 year old Day School room at 10:00am to celebrate the resurrection of our Lord Jesus, then we will go to the Courtyard and look for Easter Eggs, hope you can join us.

Contact Jackson for details:
jackson@fpcdanville.com 792-7822

Special Events

HOLY WEEK

Services will be from March 21-25, 2016 at noon
in the chapel.

A light lunch will be served in the fellowship hall immediately following the service.

Monday, March 21

Reverend Cameron Edgar, Moffett Memorial Baptist Church

Tuesday, March 22

Reverend Meredith Williams, Ascension Lutheran Church

Wednesday, March 23

Reverend Ron Johnson, Holbrook Street Presbyterian Church

Thursday, March 24

Reverend Joshua Hearne, Grace & Main Fellowship

Music: Heather Anderson and FPC choir

Friday, March 25

Reverend Dr. Bob Ramey, retired Presbyterian pastor

Music: Mack Williams, solo "He Never Said a Mumblin' Word"

**VOLUNTEERS ARE NEEDED TO HELP SERVE LUNCH DURING HOLY WEEK -MARCH 21 – MARCH 25. IF
YOU CAN HELP CONTACT MARIE LOUISE CRANE @ [434-770-0136](tel:434-770-0136)**

Easter Lilies

You can help beautify our sanctuary this Easter by contributing a lily in honor or memory of loved ones. If you wish to purchase a plant, please complete the form below. **The cost is \$15.00 each** and they are delivered to church with wrapping and a bow. Please make sure your information is complete and legible, to ensure that it will be correct in the Bulletin. **Deadline for ordering March 7th**

Quantity _____ Dedication to be printed in the Sunday bulletin as follows:

_____ In Honor of _____ In Memory of _____

By _____

(Name as you wish it to appear in the Bulletin) Please enclose a check made payable to First Presbyterian Church with the order form and drop it in the offering plate or mail to the church office. 937 Main St., Danville, 24541. Or contact Elizabeth Walden at: 434 203-7778 or ewwalden@hotmail.com

Opportunities to serve and share

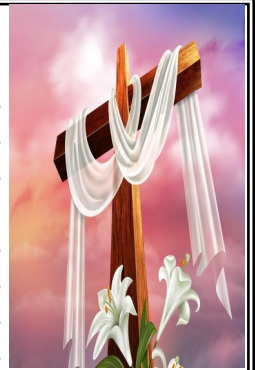
Prayers and Praises*

Continue to pray for: Anne Banks, Chuck Bolt, Pat Bolt, Alice & Randy Bradshaw, Beth Brown, Mary Ann Burton, Nelson R. Clark (David's father), Bill Copeland, Ruby Crowell, Maude Dalton, Ronnie Dinkle, Rev. Cecil Eanes, R. L. Clifton, W. J. "Buck" Collins, Clarence Edmunds, Bill Erwin, Betty Fitzgerald, Steve Gross, Fred Gunn, Lois Hayes, Tim Hooker, Kathy Huggins, Glenda Hyde, Ina Ingram, Chris Kile, Ruth Lawton, Thomas Peyton Mahaffey, Larry Mann, Alice McDonald, Jake McGee, Thelma Meadors, Carolyn Miles, Larry Miller, Alex Mitchell, A. B. Motley, Debbie Perrin Neal, Richard Russell (Ina Ingram's brother), Ella Ryan, Alice Saunders, Melva Sweeney, Russell Vandiver, Bill Weaver, Nultie Wiseman.

All of the Caregivers.

Serving in the military: Mark Heard, Josh Kopp

*Praises for answered prayer in improved health and/or recovery from injury: Gwen Baucom, Ina Ingram



**We would appreciate knowing if the status of those on the prayer list has changed. It is wonderful to share the evidence of the power of prayer, or to know if we need to increase the intensity or direction of our petitions to the Lord, Our Savior. Contact the church office with requests & updates. 792-7822. Confidentiality is respected, of course.*

A note from your Membership Committee...If you are in need of a ride to church on Sunday or to other church activities, please contact David Parris, Membership Committee, at (434) 793-9239 or contact the church office. We'll make sure you get to your activity!

Lunch Ministry

WHAT: Serving a hot lunch to the community every Saturday

WHEN: Every Saturday; volunteers work from 10:30 am – 1:00 pm. Lunch is served at 11:30 am

WHO: Different groups are in charge each week, extra help is always appreciated

Mar 5: FPC's Women's Evening Circle

Mar 12: Westover Baptist Youth

Mar 19: Unity Presbyterian Church's Women

Mar 26: FPC's Youth

GOD'S STOREHOUSE

WEEKEND BACKPACK PROGRAM

WHAT: Preparing backpacks of food items to be distributed to children for weekends

WHY: Malnourishment and hunger greatly influences a child's school performance. This program provides food over the weekend so that children will be ready to learn on Monday

WHO is needed and HOW do I help? Four (4) people to assemble the packs at God's Storehouse

WHEN and WHERE: Assembly of packs Thursday, March 10 at God's Storehouse at 5:00 pm.

CONTACT: Nancy Wilson, coordinator
434-793-2644

A note from the Choir

The Choirs at FPC always welcome new participants.

Rehearsals are typically scheduled as follows, but always refer to the calendar pg 2!

Chancel Choir Thursdays at 5:30 pm

Handbells Tuesdays at 6:15 pm

Good News Choir Tuesdays at 7:00 pm

Please contact Heather at
heather.robertson@pcs.k12.va.us

TRUTH HOUSE is a Christian Counseling ministry for recently released incarcerated women run by Crossroads Counseling. A list of needs for the women and a collection bin are located at the Sutherland Entrance. We hope you will take a moment to pick up a list and help us provide for some of their needs.

Missions Committee

Sunday servers and sharers

Flowers on the Reredos

The flowers are placed in the sanctuary on Sunday to the praise and glory of God and...

- ✂ March 6: Open
- ✂ March 13: In loving memory of her husband, Charly, by Fae and her family
- ✂ March 20: The palms are in loving memory of our parents, Mr. and Mrs. Charles Riley Haynsworth, Jr. and Mr. and Mrs. Raymond T. Beale by Ray and Harriet Beale
- ✂ March 27: Lilies on the Reredos contributors will be acknowledged in the April Newsletter

***Open dates are available for sponsoring flowers. For information please contact Rebecca Atkinson at 434-203-1666. rebeccaatkinson@comcast.net**

*After the service, flowers are distributed to those persons on our prayer list or as directed by the sponsor.
In charge of this month's distribution: Evening Circle*



Serving this month March 2016

Children's Sunday Activities

	<u>Nursery/ Sunday School</u>	<u>Older class</u>	<u>Younger class</u>	<u>Children's Chat</u>		<u>Liturgist</u>
6	Leigh Blount, Marissa Meadors	Laura Jones, Karan Johnson	Whitney Clarke, Catie Clarke	Pat Bolt	6	Pat Bolt
13	Ava Barrett	Erin Parris, Pat Bolt	Carolyn Baker, Susie Crews	Joyce Perez	13	Joyce Perez
20	Kim Clifton, Diane Shelton	Sara Weller, Jen- nifer Stowe	Rebecca Atkinson, Chris Moore	Harriet Beale	20	Ina Ingram
27	Harriett Beale	Lisa Argyrakis, Kathy Machado	Kathy Dolianitis, Gwen Baucom	Jackson Weller	27	Jackson Weller

	<u>Friendship: Deacons*, Elder</u>		<u>Sat Lunch Deacon, Elder</u>
6	*David Swann, David Parris, Brenna Takata CAKE SUNDAY	5	Kathy Dolianitis, Dave Zook
13	*David Hyde, Tom Barrett	12	Gary Wimer
20	*John Parris, Cindy Zook, Dave Zook	19	Thor Wright
27	*Marie Louise Crane, Ava Barrett, Barry Cutright	26	Mike Reynolds, Eddie Blount
	*Deacon on call for visitation		

Elders-Front Door

Sound System

6	Ina Ingram	Sam Meadema
13	David Clark	Ray Beale
20	C.B. Strange	C.B. Strange
27	Eddie Blount	Dick Stoakley

Monthly Duties

Collections: Ava Barrett

Flowers: Evening Circle

Communion: March 20

Tom Barrett, Hampton Wilkins

Opportunities to Study the Word

Class: rm; leader; study or statement, time

Christian Education



Youth and Adult Sunday School: 9:45-10:40 am

- ✎ Youth (middle and high school): rm 112; Jackson Weller; uses the scripture to be used in the week's sermon to prepare for worship
- ✎ Outlook: rm 322; Jay Hayes, Tom Barrett, Bob Newnam, Kent Shelton, Whitney Clarke;
Uniform Lesson Series: "The Present Word"
- ✎ Seekers: rm 109; Joyce Perez; "Feasting the Word"
- ✎ Bible Fellowship: Library; Linda Copeland; Tabletalk, a devotional guide from Ligonier Ministries and R.C. Sproul.

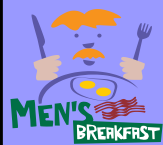
Children's Sunday School ages Kindergarten through 5th grade have a Sunday School lesson during the Children's Extended Time (mid-worship approximately 11:15-12:00). The lessons follow the Liturgical Calendar, bringing to life the stories and lessons that are the foundation for our Christian faith

- ✎ K-2: rm 304; see pg 7 for instructors
- ✎ Gr 3-5: rm 306; see pg 7 for instructors
- ✎ Toddlers and infants: care is provided during the Sunday School and Worship hours
- ✎ Chapel Time: Chapel on Sutherlin; Allen Thompson; short lesson and prayer; Wednesdays, 12:15
- ✎ Women's Circle: First Monday of the month, 12 noon, 2:00 pm or 7:00 pm. See below for details
- ✎ Men's Breakfast: Second Saturday. See below for details

Children's Ministry:

Don't forget Sunday School is every Sunday following the Children's Chat!!!

Men of the church



Breakfast Fellowship
& Bible Study
Saturday, March 19
8:00 a.m. Overbey Hall

Study: "The 24 Hours that Changed the World"

Come enjoy great food & fellowship

Presbyterian Women



Monday, March 7, 2016
11:00 a.m. Coordinating Council
12:00 p.m. Salad and Circle
2:00 p.m. Day Circle
7:00 p.m. Evening Circle
Harriet Beale's
129 Westmoreland Ct.

Wednesday Women's Bible Study

More opportunity to fellowship and study God's word in our Wednesday Women's Bible Study. We meet in room 103 on Wednesdays at 4.30 pm and are currently studying "Final Words From the Cross" by Adam Hamilton. Although this is a 5 week study, you are welcome to join us! Contact Barbara Wilkins (barbara.wilkins@lpnt.net).

Committee News



MISSIONS:

Inspiration from Ellie Honea:
New!

These pictures are from a fantastic children's book given to me by a good friend in Japan. It depicts a year of important traditions, manners, and holidays starting with 3 of the most im-



portant: hospitality, cleaning, and New Year's! While we do celebrate the new year in the US as well, in Japan there are different traditions, food, and religious roots. Even on a seemingly "international" holiday like this, in a different cultural context everything is new! I admit in some situations new is stressful, can leave you feeling a little overloaded or even helpless; but many times newness is fascinating, calls back the joyful inquisitiveness of childhood, or brings to light a difference that makes me reaffirm what I believe (E.g. is this an American, Japanese, human, or Christian thing?). There is so much to learn from "new"!

All of which to say... whether 2016 is looking excitingly (or overwhelmingly) new, or like more of the everyday routine, may you be filled with joy and hope at the newness of each day. And most of all, may looking to Christ fill you with wonder as His steadfast love and mercy is new every morning!



Committee meetings

- ✂ Diaconate: (Susan Mathena, Chair); Tuesday, March 1, 6:00 pm
- ✂ Property: (Tom Barrett, Chair); Tuesday, March 1, 7:00 pm
- ✂ Worship Committee: (Brenna Takata, Chair); Sunday, March 6, 9:00 am in the Parlour
- ✂ Stewardship: (Mike Reynolds, Chair), Sunday, March 6, 9:00 am in the library
- ✂ Session: (C.B. Strange, Clerk); Tuesday, March 8, 7:00 pm Session meetings are always open to members wishing to attend.
- ✂ VIP: (Pat Argyrakis, Chair); Monday, March 14, 11:00 am
- ✂ Missions: (Gary Wimer, Chair), Sunday, March 20, 9:00 am
- ✂ Christian Education (CE): Monday, March 22 at 4:30 pm)
- ✂ Membership: (Chris Moore); Monday, March 28, 6:30 pm

Church Officers 2016-2018

2016 SESSION

Class of 2016 Ina Ingram, Hampton Wilkins,
Thor Wright

Class of 2017 Tom Barrett, Gail Gunn,
Brenna Takata, Dave Zook

Class of 2018 Eddie Blount, Gene Hayes,
Bob Newnam, Joan Reynolds, Gary Wimer

2016 DIACONATE

Class of 2016 Marie-Louise Crane, Susan Mathena,
David Hyde, John Parris

Class of 2017 David Parris, Kent Shelton, Mike
Reynolds, Cindy Zook

Class of 2018 David Swann, Kathy Dolianitis, Ava Barrett

Celebrating our family

Birthdays This Month:

Celebrate with us on the first Sunday in the juice room with birthday cake– before and after worship

1 Laura Pruitt
2 Fletcher Meadema
5 Mack Williams
6 Suzanne Moore
9 Tim Kernodle
Gerry Belton
13 Keith Walden

15 Jeanne
Norstrandt
Andrew Gardner
Phillip Gardner
21 Anne Banks
Lorraine Willeford
Missy Gould
22 Kathy Machado

23 Harriet Beale
23 Ashley Jones
Carol Anne Kernodle
25 C. B. Strange
29 Emma Byrnes

**happy
birthday**

Want your anniversary listed? Call Marie-Louise at 770-0136 or email mlinusa@comcast.net



VIP OF THE WEEK

Mar. 6 Grace Litzenberg, 954 Main Street Danville, VA 24541

Mar.13 Carolyn Miles, NEW ADDRESS **601 Bridge St Apt _____ Danville VA 24541**

Mar. 20 Donna Fowlkes, 110 Lady Astor Street, Danville VA 24541

Mar. 27 Buck Collins, Brookdale Stokesland Rehab. Center, 432 Heritage Dr. Danville,VA 24541

Please remember our VIPs in prayer each week and drop them a card or note to let them know how much they are loved.

Mary Ann Burton has moved! Her daughter, Cara Burton, was kind enough to send us her contact information. phone ([\(757\) 665-4907](tel:7576654907)). Please do not call between 7:30-9 am, 11:30-1;00pm or 4:30-6:00 pm. as those are her meal times.

Address : Quail Run Assisted Living. Room 207. 17425 Lankford Highway, Nelsonia VA 23414

“A Taste of Italy”, the Feb 17 Wednesday night supper was a huge success. With over 80 participants, we welcomed some long time members who we had not seen in awhile. The food from Del’Ano’s was “superbo”, the entertainment by Mack Williams and Federico Cardelia was beautiful and moving, the tour of Italy by Mike Mogliani was tempting, and the love stories shared by our members made the entire evening special.

And the bonus was the \$331 donated to the Lunch Ministry.

Many people had a hand in planning and working behind the scenes and the membership committee and Diaconate thank all of them. Special thanks to Chris Moore and Rebecca Atkinson to generous contribution of the meal!



Notes and updates

Sharing in God's Joy

The Stewardship Committee would like to give a special Thank You to the Congregation for Sharing in God's Joy through pledges for 2016, and for the Christmas Joy Offering. Without your loving support, we could not be the Church that God wants us to be. THANK YOU! The pledges totaled \$258,949. The Christmas Joy offering was \$45.

Let us continue to Share in God's Joy by making timely contributions of our Time, Talents, and Treasures as we Glorify God.

Keep Joyce Perez, Richard Bagsby and Olivia Walthall in your prayers as they travel to Colombia to work with Bill Perrow's Open Arms Foundation from March 5th-13th.

To Tokyo!



A special message from Ellie Honea:

I've booked my flight to arrive in Japan on March 5th!

Praise God!! He has provided through you all this month in beautiful timing, and I'm all set to leave for several years of service in Tokyo. If you have pledged but not begun giving yet, now would be an excellent time to start. Thank you so much for your support and continued prayers for me and for Japan!

Would you join me in these primary prayer points for my first year back in Japan?

- † Home: my teammates are finalizing my apartment contract now! May it be a place of ministry, hosting and rest
- † Japanese Language School: that I might concentrate and learn well, with good relationships with teachers and peers from all over Asia
- † New Community Church Shinagawa as we worship, grow, and serve together
- † For soft hearts and open conversations through the arts
- † That I would always be guided and motivated by the grace of Jesus, love of God, and fellowship of the Holy Spirit.

Note: Ellie was commissioned to serve a missionary during the worship service on February 21, 2016

If you can help even 1 day with the Holy Week lunches we provide for our community of believers during Holy Week, please contact Marie-Louise Crane at [434-770-0136](tel:434-770-0136). It is always a time of wonderful kitchen fellowship



Daylight Savings begins March 13. Set clocks FORWARD

Newsletter NEWS

Please submit all information for the newsletter by the 20th of the month. You can receive an electronic version of the newsletter or access it on the website. Or you may pick up a copy at each of the church entrances. www.fpcdanville.com

David Parris: johnparrissr@gmail.com Marie-Louise Crane 770-0136 mlinusa@comcast.net

Susan Mathena 770-3655 susan.mathena@gmail.com Church office 792-7822

Notes and updates pg 2

Passages for the Month

March 6 [Luke 18:31-43](#)

"When God Hides in Plain Sight"

March 13 [Luke 19:1-9](#)

"Go Big or Go Home"

March 20 (PALM SUNDAY)

[Luke 19:28-44](#) "Face Palms

Easter Egg Hunt
2015

March 27 (EASTER)

[Luke 23:50-24:8](#)

Don't miss 2016!

If you happen to come by the church office, be sure to say hello to Natalie Langley! Natalie recently moved to town and is serving as our administrative assistant through Ameristaff. If you need to contact her, you can do so at the church phone number or by email at office@fpcdanville.com.

Ladies, Mark your calendars

The Presbyterian Women will host a tea on
Sunday, May 1, 2016 Time TBA

You do not have to be a regular circle member
to attend



The Session welcomes Gary Wimer as a new member for a two year term. The Diaconate welcomes Ava Barrett and Kathy Dolianitis as new members with 3 year terms. Please keep Gary, Ava and Kathy, the Session and the Diaconate in your prayers as they lead and serve this congregation.
C. B. Strange, Clerk of Session

The Membership Committee wants to remind you that **Blessingram** note cards are available at the Sutherlin entrance. What a great way to share how someone has been a blessing to you!

Check out the website <http://fpcdanville.com/>

Health tip of the month: Did you know that the Pittsylvania Danville health district has the highest mortality form colon cancer when compared to the 35 other health districts of Virginia? Did you know that colon cancer can be prevented ? If you are over 50, you should have a colonoscopy every 10 years or a FIT test every year. If your have a family history of colorectal cancer, you may need to begin screening at an earlier age. To lower your risk of colorectal cancer, eat a low fat, low sugar and hi fiber diet, exercise regularly and maintain a healthy weight..

If you have a change in digestive pattern, or pass blood, report it to your primary care provider. Colon cancer screening is covered by ALL insurance plans with no out of pocket expense to you.

RETURN SERVICE REQUESTED

First Presbyterian Church
937 Main Street
Danville, VA 24541-1809
Office Hours Mon – Thurs 9:00 am - 5:00 pm
Phone: (434) 792-7822
Fax: (434) 792-7832
Website: www.fpcdanville.com