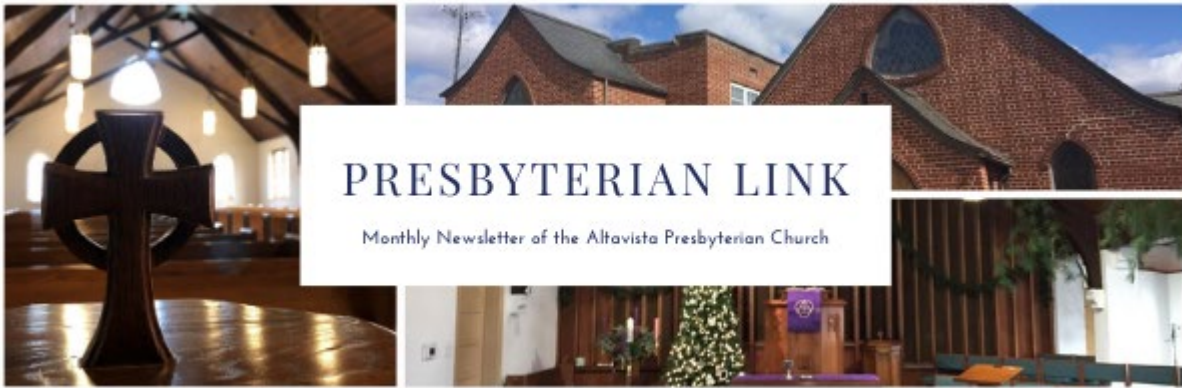


FEBRUARY 1, 2021



OUR VISION, OUR HEARTS, AND OUR DOORS ARE ALWAYS OPEN

Question and Answer 174 of the Westminster Larger Catechism provides this teaching on the Lord's Supper:

“It is required of them that receive the sacrament of the Lord's supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fullness, trusting in his merits, rejoicing in his love, giving thanks for his grace; in renewing of their covenant with God, and love to all the saints.”

How we prepare ourselves to receive Communion is just as important as what we do during the celebration. Rev. Aaron L. Garriott, a professor and pastor, presents these seven astute and helpful summaries of what we should do during the Lord's Supper.

1. *Wait on God.* If we are to obtain any benefit from the sacrament, it will be the Lord's doing. We must not presume upon the Lord to dispense grace to us in the act itself (*ex opere operato*). We wait, for it is “only by the blessing of Christ, and the working of his

Spirit in them that by faith receive them” that the sacrament becomes an effectual means of salvation (Westminster Shorter Catechism 91). Therefore, we assume a posture of faith in the One who has promised to nourish us in this ordinance.

2. *Observe the sacramental elements and actions.* According to Christ's prescription (Matt. 26:26–28; 1 Cor. 11:23–29), the minister is to perform certain sacramental activities at the supper's administration: (1) consecrating/blessing; (2) breaking (bread) and pouring (wine); and (3) distributing and receiving. We can be confident that Jesus did not perform perfunctory and insignificant rituals. These actions serve a purpose—to draw our minds and hearts upward to the risen Lamb who was slain for our sins. Therefore, it's necessary to diligently observe both the elements and the actions. Pay close attention to the breaking of the bread. Taste the bitterness of the wine. Christ intends these symbols to draw you to affectionate meditation on His death and sufferings.

3. *Sorrow for sin.* Contemplating sin and contemplating atonement are two sides of the same coin. Meditation on the sufferings of Christ engenders grief over sin. As Jonathan Edwards stated, we “contribute nothing to [our] salvation except the sin that made it necessary.”

4. *Feed on Him by faith.* The means by which we feed on Him are the elements of bread and wine. Through receiving and consuming the elements by faith, we are symbolically appropriating the benefits of Christ and trusting in His merit. United with the gracious host by faith, we commune with Him in His blessed presence by faith.

5. *Rejoice in His love and give thanks for His grace.* When Hezekiah reinstated the Passover in Israel, the people kept the feast with “great gladness” and “thanksgiving” (1 Chron. 30:21–23). Gladness and thanksgiving are the intended posture and outcome of the supper. Jesus commanded His disciples to partake “in remembrance of me” (Luke 22:19; 1 Cor. 11:24–25). Such remembrance of our Lord ought to provoke gladness and gratitude.

6. *Renew our covenant with God.* In Exodus 24:8, when Moses threw the blood onto the people, he said, “Behold the blood of the covenant.” Moses instructs the people to behold the blood that is being sprinkled on them, for in the blood, the covenant—and all its sanctions, stipulations, and promises—are shown forth. Similarly, in the blood of the new covenant—symbolized in the wine—Christ’s death is shown forth (i.e., displayed visibly) and we are reminded of the covenant

relationship we enjoy with God in Christ. Specifically, we are in a covenant of grace with God, whereby the Lord has promised salvation to all who embrace Christ by faith alone. To renew our covenant with God, then, is to renew our commitment to receive and rest upon Christ alone. This is not akin to the notion of “recommitting our lives to Christ.” Rather, it is a renewal of our desire and resolve to be found in Christ alone and to walk in new obedience with our covenant-keeping Lord.

7. *Renew our love for the saints.* When Paul admonishes the Corinthians for corrupting the supper, he begins by saying, “When you come together . . .” (1 Cor. 11:18, 20). The supper isn’t a private meal or act of personal devotion. It’s a communal meal—hosted by Christ for His bride (Ps. 23: 5; Luke 14:7–24; Rev. 19:6–10). Therefore, when we partake of the supper, it’s not ideal to close our eyes and pretend we’re in our personal prayer closet. We ought to observe and taste the elements together; pray together; rejoice together; renew our love for and obedience to the Savior together. Christ has given us this meal to show forth His death together until He returns. Few things exemplify that unity for which He prayed (John 17) more than His people’s renewing their commitment to love one another around His table.

“What Do I Do During the Lord’s Supper?” *Tabletalk*, November 2020, a publication of Ligonier Ministries. Rev. Aaron L. Garriott is managing editor of *Tabletalk* magazine and resident adjunct professor at Reformation Bible College.

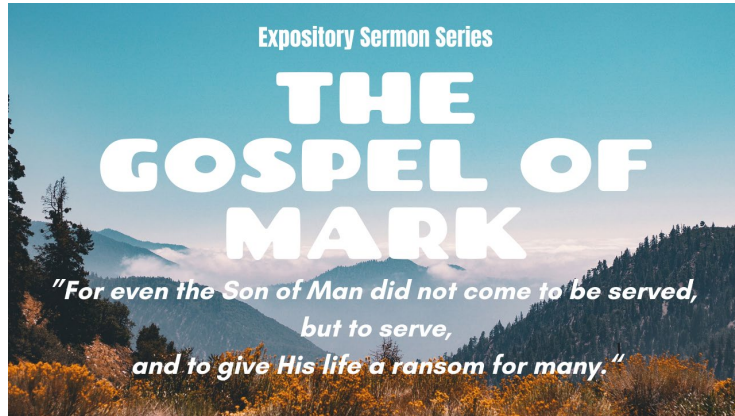
Winter Weather Policy

In the event of winter weather, please check your email, the church’s Facebook page (facebook.com/altavisapc), and the WSET ticker for closures



Rev. Eduardo Soto, Jr., PASTOR
434-369-5286, office / 334-237-1895, mobile

Sunday Sermons This Month



February 7th • Fifth Sunday in Ordinary Time

Mark 11:20-26

“In and Out of Season”

Tom Friedrichs, guest speaker

February 14th • Sixth Sunday in Ordinary Time

Mark 11:27-33

“Catch-22”

February 21st • First Sunday in Lent

Mark 12:1-12

“Parable of the Vineyard Owner”

February 28th • Second Sunday in Lent

Mark 12:13-17

“A Question on Taxes”

Session highlights
January 17, 2021 meeting

- Decided to collect a special offering on February 7, 2021 for Daily Bread & to match the offering from ACT for Mission funds. This will replace the Souper Bowl of Caring annual event hosted by the Youth Group.
- Decided to conduct a Lenten Workshop for adults, youth & children on March 27, 2021.
- Decided to apply for Presbytery of the Peaks' Block Grants for the Campbell County Literacy program (\$1,000) & for SPARK (\$1,500).
- Approved a yard sale on May 1, 2021 to raise funds for the 2022 Puerto Rico mission trip.
- Decided to collect the One Great Hour of Sharing offering on March 28, 2021 & to match the offering from ACT for Mission funds.
- Decided to award a \$1,000 college scholarship to a graduating senior from ACT for Mission funds.
- Reviewed the November & December, 2020 Treasurer's Reports.
- Began exploring the purchase of a piano for the Sanctuary.
- Approved minutes of the November 15, 2020 Stated Session meeting, the November 22, 2020 Congregational meeting, the December 6, 2020 Called Session meeting & the December 13, 2020 Called Session meeting as presented.
- Elected Barbara Podrebarac to serve the remainder of Janette Walker's unexpired term as a Director of APC, Inc.
- Elected Cynthia Erb to serve the remainder of Janette Walker's term on the Sexual Misconduct Response Team.
- Elected Kevin deBernard as Commissioner & John Erb as Alternate Commissioner to the February 18, 2021 Presbytery meeting.
- Approved APC's 2020 Annual Statistical Report for Presbytery.
- Agreed to allow Rev. Tom Frederick to present a minute for mission about his retreat center for pastors on February 7, 2021.
- Joys & concerns of the congregation were identified. Moderator Ed prayed for those listed & to close the meeting.

	December-2020	YTD
Pledges	7,407	107,630
Non-Pledges	3,831	28,876.76
Plate Offering	0.00	291.50
Total Expenses	11,182.94	138,328.29

FEBRUARY

Birthdays

Anniversaries

2	Al Smith	
5	Alex Eubank	
15	Ivey Janiak	
16	Shirley Jefferson	
18	Charlotte Mabry, Margaret Gafford	
22	Dianne Emmett	
27	Kiernan deBernard	

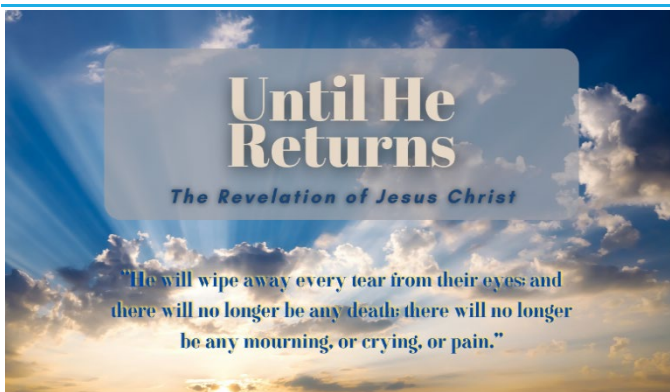
Our Youth Group will be participating in the Souper Bowl of Caring by collecting supplies for the soup kitchen in Lynchburg Daily Bread. They are in need of sauces (bbq, tomato, etc.) and canned vegetables. They also need paper towels, cleaning sprays, and cleaning wipes. We will also be taking monetary donations AND session has approved to match what we collect with money from the ACTS for Missions fund!

Daily Bread is a wonderful ministry and many people in our area benefit from their outreach program each week receiving meals and bags of food at English Park on Mondays and Thursdays.

Thanks for your support.

Happening This Month!

Youth Group — Feb. 7th, 14th, 21st, & 28th



Youth Group meets every **Sunday at 6:00 PM** at the church. All youth between Sixth and Twelfth grades are welcome.

Pastor Ed continues a study on John's *Revelation of Jesus Christ*.

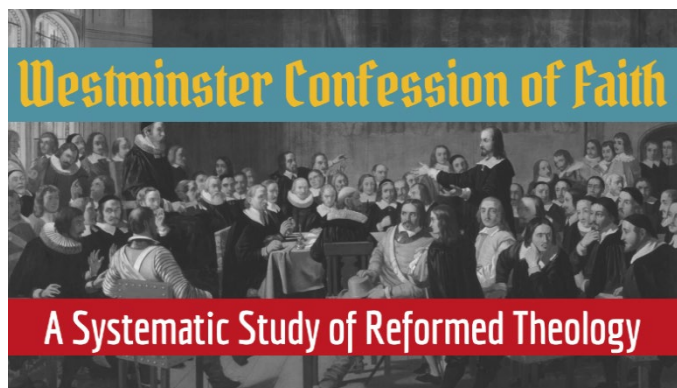
Bible101 — Feb. 8th, 15th, & 22nd



Bible101 meets every **Monday at 9:00 AM** in the Sunday School Room. This Bible reading group is designed for new believers.

Pastor Ed continues reading through Paul's *Letter to the Galatians*.

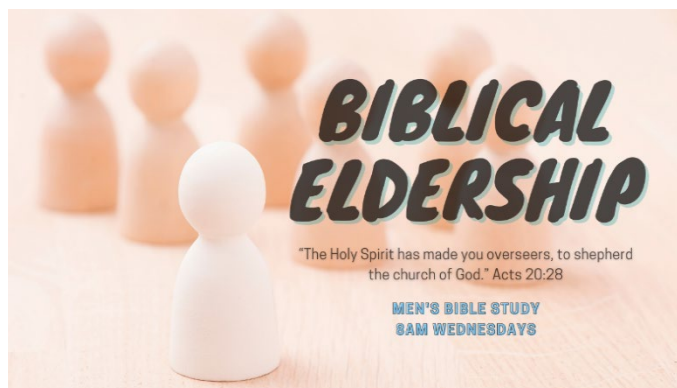
Bible Study — Feb. 9th, 16th, & 23rd



Bible Study meets every **Tuesday at 10:00 AM** in the Sanctuary. All are welcome to join as Pastor Ed leads us through various studies and discussions of Scripture, theology, and church history.

Pastor Ed continues in his series on Reformation theology through the *Westminster Confession of Faith*.

Men's Bible Study — Feb. 10th, 17th, & 24th



Men's Bible Study meets every **Wednesday at 8:00 AM** in the Sunday School Room. This new small group is geared toward empowering men to live as Christ commands.

Pastor Ed continues a series on the doctrines of biblical eldership through Paul's *First and Second Letters to Timothy*.

*Pastor Ed will be on a continuing education retreat Feb. 1-4.
No studies will be offered that week.*



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pastor Ed on Study Leave	2 No Bible Study Pastor Ed on Study Leave 6 PM Ministry Beyond Mtg.	3 Pastor Ed on Study Leave	4 Pastor Ed on Study Leave	5	6
7 10 AM Worship/ Children's Church Rev. Tom Friedrichs Preaching Collect Souper Bowl of Caring Offering Collect Two Cents- A-Meal Offering 5 PM Youth Group Mtg at the Church	8 9 AM Bible 101	9 10 AM Bible Study in Sanctuary	10 8 AM Men's Bible Study	11	12	13
14 10 AM Worship/ Children's Church 5 PM Youth Group Mtg. at the Church	15 9 AM Bible 101	16 10 AM Bible Study in Sanctuary	17 8 AM Men's Bible Study Ash Wednesday 1 PM DAWN Board Mtg.	18 9 AM Presbytery	19	20
21 10 AM Worship/ Children's Church Session Meeting after Worship 6 PM Youth Group Mtg. at the Church	22 9 AM Bible 101 March Link Deadline	23 10 AM Bible Study in Sanctuary	24 8 AM Men's Bible Study	25	26	27
28 10 AM Worship/ Children's Church 6 PM Youth Group Mtg. at the Church						

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