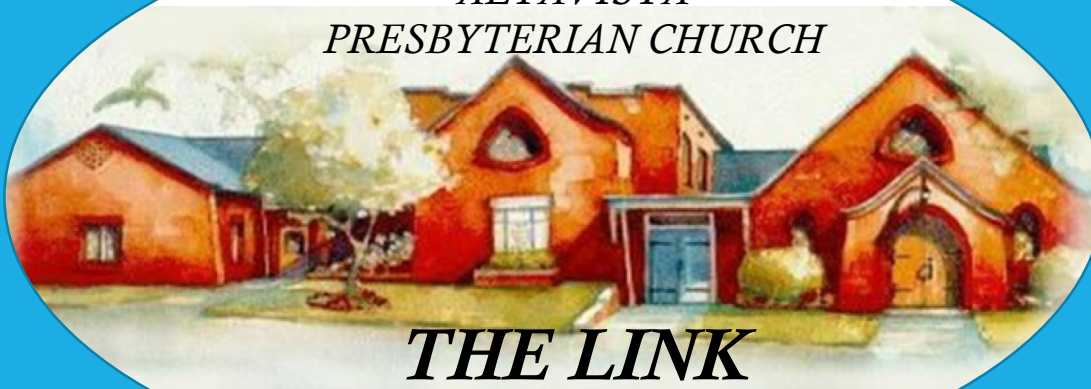


*ALTAVISTA
PRESBYTERIAN CHURCH*



THE LINK

May 1, 2019

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



Rev. Eduardo Soto, Jr.
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From our Pastor...

Anger is something that can be controlled. A preacher shared this example once. Even though people like to say they just get carried away, we know that anger is controllable. You know how when you're in the middle of a fight with your spouse, one of you is yelling, and the other is getting louder. Faces are red and tempers are high. Then the phone rings. One of you stomps over to the phone, picks it up, and starts [calmly] "Jones residence, how may I help you? Oh yes, little Timmy is doing well in school, and mother is recovering. Oh you don't say, Rose did what? Oh bless her heart. Well thank you for calling me dear, I'll talk to you later. Bye!" Just like that, in the middle of an angry temper, we switch to a calm voice when someone calls. We do it to save ourselves from embarrassment or guilt or whatever, but we can turn off the anger in a flash. So it's not uncontrollable. Controlling our reaction to anger is the first step to expressing anger in a non-sinful way. Managing anger starts in

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THIS MONTHS ISSUE:

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POP Camp Peaks is just around the corner! Please encourage your children, friends, neighbors and grandchildren to plan to join in the fun! It's sure to be a week filled with new friends, songs, crafts, games, swimming and more! Registration information will be available on the church bulletin board soon! Mark your calendar NOW! July 8-12, 9AM-3PM at the Janiak's Farm for ages 5-12.

advance. Each of us has to make a conscious effort to not let the anxieties and stresses of life push us over the edge into sinful expressions of anger. Proverbs 29:11 reminds us, "Fools give full vent to their rage, but the wise bring calm in the end." Or Proverbs 15:18, "A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel." God recognizes that expressing anger is a choice, and He encourages us to be like the wise. Paul recognizes this when he encourages us to "be kind to one another, tenderhearted, forgiving one another..." Managing anger means allowing kindness and forgiveness to take the place of shouting and blaming. Engendering peace, even in the midst of disagreement, is a trait we should all seek to foster.

Ed Soto

Sermons This Month

DURING THE SEASON OF LENT,
PASTOR ED WILL TAKE US THROUGH A SERIES
LOOKING AT THE LORD'S PRAYER

MAY 5TH • THIRD SUNDAY OF EASTER

PSALM 30:1-12
ACTS 9:1-9
"BLINDED BY THE LIGHT"

MAY 12TH • FOURTH SUNDAY OF EASTER

YOUTH SUNDAY

MAY 19TH • FIFTH SUNDAY OF EASTER

PSALM 148:1-14
ACTS 11:1-18
"MOVE THE PARTY LINE"

MAY 26TH • SIXTH SUNDAY OF EASTER

PSALM 67:1-7
ACTS 16:16-24
"PAUL'S AT IT AGAIN"

Happening This Month!

BIBLE STUDY — MAY 7TH, 14TH, 21ST, AND 28TH

Bible Study meets every **Tuesday morning** in the Adult Sunday School room at 10:00 AM. All are welcome to join as Rev. Soto leads us through various studies and discussions of Scripture, theology, and church history.

Starting April 30th through May 28th, Pastor Ed will lead an in-depth study of the Ten Commandments.

- 4/30 Commandments I & II *Deuteronomy 5:6-10*
- 5/7 Commandments III & IV *Deuteronomy 5:11-15*
- 5/14 Commandments V & VI *Deuteronomy 5:16-17*
- 5/21 Commandments VII & VIII *Deuteronomy 5:18-19*
- 5/28 Commandments IX & X *Deuteronomy 5:20-21*

PRAYER FELLOWSHIP — MAY 8TH AND 22ND

Prayer Fellowship meets on the **Second, Fourth, and Fifth Wednesdays** in the Pastor's Study at 9:30 AM. All are welcome to join us in prayers for our church, community, nation, and the world. If you have any prayer requests for the Fellowship, please contact the main office.

This month's fifth Wednesday Prayer Fellowship is canceled due to the upcoming arrival of Pastor Ed's first child.

YOUTH GROUP — MAY 12TH AND 26TH

Youth Group meets on the **Second and Third Sundays** in the Youth Room at 5:00 PM. All youth between Sixth and Twelfth grades are welcome. Pastor Ed will lead a series of discussions on the basic Reformed theology and spiritual practices. The Youth will be treated to a meal and will fellowship throughout the evening.

Youth Sunday is May 12th.

May

	Birthdays	Anniversaries
1	Jean Murphy	
2	Kelly deBernard	
3		Carl & Brenda Cuthbertson
6	Kirsten Wooding, Jackson Moehlenkamp	
8	Mark Moehlenkamp	Rob & Susan Gilliam
21	Ann Andrews, Dot Hogan, Jeanette Walker	
25	Nicholas Shelton	
27	Jerry Moore	
29	Chip Roark	
30	June Lee	
31		Garry & Dana Taylor



MONTH OF MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11-12:30 PM -Second Helping Lunch	2 National Day of Prayer	3	4
5 10 AM Worship/ Communion/ Children's Church	6 7 PM Boy Scouts Mtg. in FH	7 10 AM Bible Study in Adult SS Room 12 Noon -Men's Lunch – China Wok	8 9:30 AM Prayer Fellowship 11-12:30 PM -Second Helping Lunch 5:30 PM Property Mtg. in Adult SS Room	9	10	11
12 10 AM –Youth Sunday Worship/ Children's Church 5 PM Youth Group Mtg. @ Church	13 6 PM Ministry Beyond Mtg. in the Adult SS Room 7 PM Boy Scouts Mtg. in H	14 10 AM Bible Study in Adult SS Room	15 9:30 AM APC Serves Lunch @ Lynchburg Daily Bread 11-12:30 PM -Second Helping Lunch 1PM DAWN Board Mtg.- Adult SS	16	17	18 Session Retreat in the Fellowship Hall
19 10 AM –Worship/ Children's Church	20 7 PM Boy Scouts Mtg. in FH	21 10 AM Bible Study in Adult SS Room 12 Noon - Men's Lunch -Tuscan Grill	22 9:30 AM Prayer Fellowship 11-12:30 PM -Second Helping Lunch	23	24	25
26 10 AM –Worship/ Children's Church 5 PM Youth Group Mtg. @ Church	27 7 PM Boy Scouts Mtg. in FH June Link Deadline	28 10 AM Bible Study in Adult SS Room	29 11-12:30 PM -Second Helping Lunch	30	31	

Kairos Prison Ministry
“I was in prison and you visited me.”
Matthew 25:36

On April 9 2019, at 5:00 am I am up doing my morning devotions and in prayer for my next four days with my Kairos team. Going over last minute preparations and praying that the two men that I will be hosting later that evening will show up. I had sent each of them a letter two weeks earlier letting them know I will be their host and was looking forward to meeting them. Team members are assigned two residents the first two days to get to know them and to help make them feel at ease. I reflect back over the past Sunday and Monday when my church family provided me with the largest number of cookies that I have ever received from my church, I am so grateful for your response. The team is meeting at 9am at a church just down the road from the prison to sort all the cookies we bring in. We sort a dozen of different types into a small bag to be given to the 1200 residents at GreenRock along with a dozen greeting cards that we buy in bulk from a card company in Roanoke Va. Some of the team members will distribute the cookies and cards on wed night after lock down.

We head to the prison around 1:00pm after a group picture and lunch. We all have to go through check in , we have to sign in on two different books , no watches , keys , coins, etc, go through a metal detector and then padded down, we have a lot of team members with hip replacements and knee replacements, they must show documentation to get through the metal detector. Once cleared we are sent to the gym where we will be meeting. Only five of us at a time are allowed through three sets of gates that close behind you to get to the gym. All our supplies that we take in have to go through an xray machine before it can be taken in.

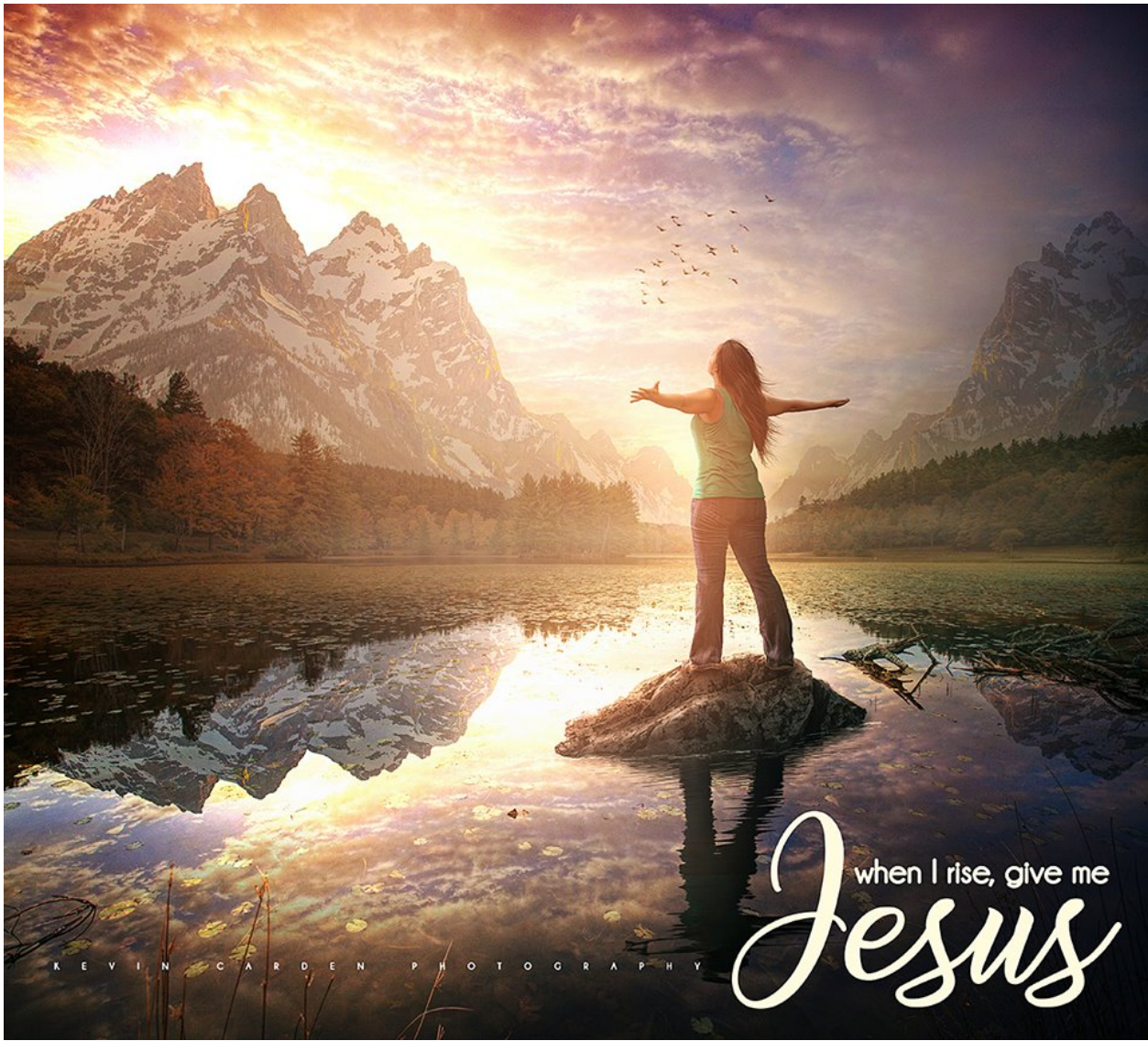
At 2:00 pm all the residents selected arrive, all forty-two come the first day. We greet them by calling out their name and who their host is and we give applause to each resident as they come through the door. We do this every morning as they come in. The two that I am to host show up and stand by me as we go through the rest of the residents. Once everyone is accounted for we sit down at tables to get to know each other and we eat cookies and drank coffee about 30 minutes before the program starts. The Team leader starts with the welcome and instructions that will have to be followed the next three days and then we all stand and introduce ourselves, , church, family, work for the team members. Name, where they are from, family, type of job they have in prison, and why they came to Kairos, for the residents. This takes about two hours with 42 of them and 33 of us. After this is completed dinner has arrived. There are three types of trays , regular, the commissary tray which is Kosher and a veggie tray, kosher and veggie has to have approval. Majority of us team members only eat one or two items off the tray, tonight’s main menu was chicken and rice the other items I couldn’t tell you what they were. After dinner we head to the Chapel, which is inside the gym also, there are Clergy meditations on: “Know yourself”, “I chose you”, “Prodigal Son” each last about 15 minutes After chapel we dismiss around 7:30 pm and they are sent back to their building. We tell each one that we are hosting that we are praying for them to come back the next morning and say good night.

Day 2: We arrive at the church at 6:45am to pray over all the speakers for the day, there will be five talks given by team members along with several meditations given in the chapel. We arrive at the prison at 7 am and go through the same thing we went through the first day to get cleared. The Residents start arriving at 8am only 41 come back the second day but we have 10 alternatives and we pick one, the others are returned and will be the first on the list next time. The residents are assigned to their family table, we have 7 tables all named after an apostle: John, Paul, Mark, etc. each table has 6 residents and 3 team members, a table leader, asst table leader and a clergy. This will be their family for the next three days, they will eat together, go to the chapel together and do everything together as a family. There will be talks given by team members each talk is 20 minutes, residents are to take notes doing the talks and after the talk there is a table discussion of the talks for about 15 mins and then the table has to work together to make a poster to represent what the talk represented to the table The five talks are, Choices, you are not alone, Friendship with God, The Church and Opening the Door. All the talks and meditations encourage positive self-examinations and is a day for the team to use our 4L's Listen, listen and Love, Love. We are in the chapel three times doing the day. This is the day that they are a little curious as to why we would come and spend time with them and treat them like they are somebody, not an inmate. Remember in prison you learn not to trust anybody. Next month I will closeout day 3 and 4 with a little more detail on our interaction with the guys. Ron

**Session highlights
April 28, 2019 meeting**

- Examined Glenn & Shirley Jefferson & welcomed them as Active members of APC.
- Reviewed the March, 2019 Treasurer's Report.
- Granted the Choir Director vacation for May 26, 2019.
- Approved minutes of the March 10, 2019 Stated Session meeting & the March 24, 2019 Congregational meeting as presented.
- Elected Stephanie Moehlenkamp Commissioner & Ron Coleman Alternate Commissioner to the May 4, 2019 Presbytery meeting to be held at Northminster PC in Roanoke, VA.
- Elected the following officers for APC, Inc. for the 2019-20 church year: Kevin deBernard, President & Director; Susan Gilliam, Vice President & Director; Dennis Janiak, Treasurer & Director; John Erb, Secretary & Director & Jack Ritzer, Director.
- Authorized a second debit card for the Operating Account.
- Joys & concerns of the congregation were identified. Moderator Ed prayed for those listed & to close the meeting.

	March-2019	YTD
Pledges	10,016.50	27,867.50
Non-Pledges	1,199	3,689
Plate Offering	114	209.50
Total Expenses	12,606.44	34,284.79



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