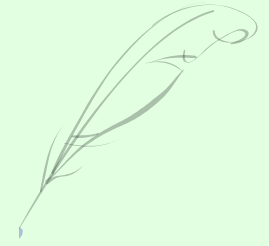




The Quaker Quill



October 2020

www.qmpc.org

CREATING NEW TRADITIONS

Fall begins a season that is full of holidays, family traditions and special events. This year, those traditions are being challenged by the Covid 19 virus. Health professionals are suggesting parents and children do not go trick or treating. The encouragement to avoid crowds puts a damper on Halloween Parties, fall festivals and exploring corn mazes.

Families large and small may not feel safe gathering for Thanksgiving and Christmas dinners. Typical Holiday parties and get-togethers put people at risk of spreading the virus especially to those most vulnerable. Travel is discouraged. Even church services are effected. Pot luck dinners may need to be cancelled, Christmas Pageants may not happen and Christmas Eve services may look and feel different from those in the past. It makes me want to throw my hands up in the air and cry "It's not Fair! The virus stole my traditions. It won't feel like Halloween, Thanksgiving and Christmas without our traditions!"

These losses cause us to grieve what is gone this year. The challenge is to reflect on each tradition and figure out what makes them special. Then creatively brainstorm if there are ways to capture the essence of the past in some news ways to create new traditions.

Here are a few ideas:

- Have family members dress in a different costume each night and distribute candy or other treats to them.
- If participating in trick or treat, find a safe

way to distribute the candy keeping social distancing – build a paper shoot for handing out candy, using an “easy reach” adapter.

- Hold an “on-line” party with everyone dressed up or in costume enjoying their favorite beverage and snacks. Hold a contest on guessing costumes.
- Hide candy or presents around the house for young ones to find.
- Have family share their favorite memory of Halloween, Thanksgiving or Christmas.
- Tell a communal scary story with each person contributing a sentence when it is their turn. When they do, reward with a treat.
- On a more serious note, study about the Holy Spirit in scripture either alone or in a small virtual group.
- Draw pictures for each of the 12 days of Christmas & make into a book.
- Make up a song for the things which you are thankful/

Let your imagination be your guide and make it fun and easy. Celebrating more than one night might make the holiday feel even more special. My prayer for this year is that you and your loved ones, develop a sense of community and new insights from your new traditions.

NANCY DAWSON
QMPC INTERIM PASTOR



SESSION MEETING

SESSION HIGHLIGHTS

At the September 20 meeting the Session...

APPROVED:

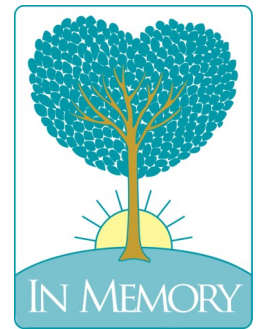
- The use of the Fellowship Hall as a back-up polling place.
- That \$10,000.00 from the Memorial Funds be used towards the repair of the roof with the remainder to come out of the Operating Budget.
- That \$2,480.00 in Memorial Funds that have been designated for Nikki Kariukki, be disbursed to her.
- Asking members of the congregation to adopt and clean sections of the church.
- The Revised Safe Church Guidelines.
- Accepted the minutes of the Congregational Meeting on September 19, 2020.

Wednesday Evening Church-wide Prayer Time



We invite QMPC family to make every Wednesday 6pm to 7pm an intentional church-wide hour of prayer. Each week the concern list is sent via email. As you pray, read each name on each list and the concern out loud or quietly, in giving thanks or petitioning on their behalf. Do it individually or with family and/or with friends. Be a prayer warrior for those in need and even those we think are not in need. Watch for the weekly email with prayer concerns.

Gifts received in September



IN MEMORY OF	GIVEN BY
Brit LeCompte Marcia Delicate Bobbi Dickerson	Nancy Mize
Buzz Curtis	Dandridge & Linda Carey
Marcia Delicate Brit LeCompte	Bob & Maureen Lockridge
Marcia Delicate	Jim & Sarah Garrett



OCTOBER 18
QUAKER FALL GATHERING
 On Sunday, October 18, we plan to have a Fall Gathering. We will worship **OUTSIDE** and then have lunch together. The food will be prepared and served safely by Steve Hubbard. You **MUST** reserve a meal in advance in order to have food. We will still practice social distancing and gather safely. Sign up by October 15 in the Narthex or emailing the office, office@qmpc.org. Bring your own lawn chairs and plan to join for a beautiful Fall day!

HEALING AND HELPING HUMANKIND A LETTER FROM PEGGY DEYERLE

I have been in therapy since 2015 working to heal from Complex PTSD. During a women's Bible study with Suzy Edwards in 2016, participants learned to write laments. Writing my lament planted a seed in me that has grown into writing poems that express some ups and downs in healing, how I have felt and spiritual experiences I've had. I recently published a book of my poems entitled [You Are Beautiful Just Like the Butterflies: Working Through CPTSD With Poetry](#). Pam Caulkins did an awesome job of doing illustrations for the book. I call this "our book". It has come into being because of my being inspired to write, Pam's artistic talents and friendship, and my therapist's hard work and skills in helping me heal.

Early one morning, an idea came to me. Instead of selling most of the books, I would take donations for them. For a minimum donation of \$20, the donor would receive a copy of the book and **100%** of the donation will go to a program HumanKind has that helps ease kids into emergency foster care. I had a short stay at the Presbyterian Children's Home when I was 13 and I remember how traumatic that was and how alone I felt. I can only imagine how a younger child would feel. I have already talked with the person at HumanKind about the books and donations. We will make these donations in memory of Pam and Mike's daughter Martha Caulkins. The donation-for-a-book idea was not mine. It was planted in me by God.

If you are interested in making a donation to HumanKind and getting a book as a gift for that donation, please contact me. My cell phone number is (434) 258-1256. If for some reason I can't answer at that moment, please leave me a message and I will get back to you. My email addresses are mrsdeyerle@gmail.com or mcdeyerle@outlook.com. Let's make a difference in children's lives together.

Peggy Deyerle



Tuesday Bible study through 1 Timothy on Zoom.

Join Nancy and others as they look at the book of 1 Timothy at 10 am each Tuesday. Email office@qmpc.org to get the Zoom link.

Hello, fellow readers,

I am reading *Shadow Divers* by Robert Kurson. It is a non-fiction book recounting the discovery of a World War II German U-boat 60 miles off the coast of New Jersey in 1991. The book chronicles the seven year quest to learn the identity of the mysterious wreck, the identities of the men aboard her, and how she came to rest on the ocean floor near New Jersey. It is a book that I am enjoying and recommend.



Here we are, all these months since the beginning of the pandemic, unable to meet in person. I can't see us meeting before spring, but keep reading and keep a list of interesting things that we might read as a group when we can resume our monthly meetings.

Stay safe and keep reading!
Linda Jennings



Dear Lunch Bunch,
I have heard from several of you and understand that you miss getting together for lunch and a visit as much as I do.

Howard and I have gotten take-out meals a few times but do not feel comfortable going into a restaurant for a sit-down meal. Like with other things going on around the area, it seems like it will be spring before we feel safe to gather with our lunch buddies. Stay safe. Avoid crowds. Love to all!

Missions

FOOD FOR THOUGHT

The QMPC Missions Committee has sought to support organizations that provide help to children in our community. To that end, we have decided that the **Food for Thought Ministry** of the Park View Community Mission which provides backpacks filled with food for children, was something we could all get behind.

A bit about the **Food for Thought Ministry**: In March 2018, the school system informed a large group of pastors that over 650 children in Lynchburg Public schools were going home on weekends without enough food. This group made a commitment to address the issue. After numerous meetings, the United Way and others decided to give some funding to Park View to support the new backpack initiative.

A pilot program was started at the city's two high schools and three middle schools in September 2018 with 50 bags of food available to each school. This pilot program was very successful and in January 2019, the program was expanded to meet the needs of all schools that were not being served in some way in the city. That first year, 25,673 bags of food were distributed to children most in need. So far this year they have distributed 22,388 bags of food (children served) and are on track to have a record breaking year. With the COVID-19 pandemic the need to provide nutritious food has become even more vital.

Each of the weekend food bags contain 3 dinners, 2 lunches, 2 breakfasts, 4 snacks, and 2 servings of vegetables and weigh about 7-8 pounds. There are 4 rotating menus and each bag also contains a serving of shelf stable milk. They purchase most of their food through the Blue Ridge Area Food Bank. Snacks are acquired from local partners hosting food drives.

Your Missions Committee has added the **Food for Thought Ministry** to their budget line items, with the blessing of the Session. We have also applied for a Presbytery Grant to help support this extremely worthwhile mission. Along with that, and as an on-going mission of Quaker Memorial Presbyterian Church, our congregation will be collecting non-perishable snacks as outlined below to be used in the filling of the children's backpacks in November each year.

If you would like to help, please consider bringing the following items to the church either during office hours or when you come to Sunday worship service during the month of November.

Suggested Snack donations: Goldfish crackers, Cheese Its, trail mix, peanuts, cookies, pretzels, etc., cheese or peanut butter sandwich crackers (multi packs of 1.35oz packs), Great Value or name brand variety snack packs 20 or 30 count -1oz servings, Granola Bars of any kind.

We appreciate any help you can provide, and pray you are all staying healthy and safe.

QMPC Community Garden

Here is our "Sweet" Sweet Potato Story:

2020 was the first time to plant sweet potatoes at QMPC Garden



We planted the sweet potato plants May 2020, and the plants were watered and cared for weekly from May 2020 September 2020

On Saturday, September 19, a crew of garden volunteers showed up at the garden excited to dig sweet potatoes and see what kind of first harvest was there.



They were pleasantly surprised as the dug up a total of 140.8 pounds of sweet potatoes!




The sweet potatoes were cured in a room in the church basement for two weeks, then delivered sweet potatoes to the food bank September 29



The beds are ready for a planting of sweet potatoes again next spring for God's gift to us.

OCTOBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8-3 Apostle's Build	2	3 8-3 Apostle's Build
4 Communion 	5 PNC on Zoom 7 pm	6 10 am Bible study on Zoom 5:30 - 7 pm Haiti Meeting 7 pm Nominating Team Meeting	7 11 am Centering Prayer 6-7 pm Church Wide Prayer	8	9	10
11 Youth Group—outside	12 PNC on Zoom 7 pm	13 10 am Bible study on Zoom 6 pm Property Meeting	14 11 am Centering Prayer 6-7 pm Church Wide Prayer	15 1 pm Cemetery meeting	16	17
18 Fall Fellowship Outdoor Worship & Dinner Session (Fellowship Hall or Zoom)	19 PNC on Zoom 7 pm Nancy on study leave →	20	21 11 am Centering Prayer 6-7 pm Church Wide Prayer	22	23	24
25 Youth Group—outside	26 PNC on Zoom 7 pm Nancy on study leave →	27	28 11 am Centering Prayer 6-7 pm Church Wide Prayer	29	30	31 Halloween  FALL BACK →

Weekly Sunday Schedule:

10:00 a.m. Worship Service In Sanctuary (socially distant seating)
Or Online at twitch.tv/QMPC or Facebook Live