

# Community Presbyterian Church

1100 College Avenue

## May 2023



Welcome to our new "bridge interim" pastors! Reverend Beverly and Reverend Sylvester Bullock will be leading our Congregation for the next four months. They will be working half-time and are very eager to meet us all.

They currently hail from Pullman, Washington where they retired, to be closer to their daughter and her family.

The Bullocks have been married 47 years and have two daughters, Carrie and Sylvia, and 4 grandchildren, Yeshli, Aliyah, Ava and Emanuel. Sylvester has a Bachelor's degree in music education and graduated from Pittsburgh Theological Seminary in 1984. Beverly has a Bachelor's in Biology. She taught biology and physical science on the secondary level prior to her call to the ministry. She also graduated from Pittsburgh Theological Seminary.

Rev. Beverly is a native of Paterson, New Jersey. She has a long varied continuing education history.....suicide prevention, child abuse prevention, grief & loss, Phase I and II of Interim Ministry training, chaplain experience at the College of Virginia. She has served as Supply Pastor several times. She attended General Assembly in Louisville, Kentucky in 2022. She has also participated in Habitat for Humanity. She enjoys reading, writing, music, poetry, woodworking, furniture refinishing, sewing, gardening, cultural history, photography and the arts.

Rev. Sylvester is a native of Pittsburgh, Pennsylvania. His career has also been quite extensive and varied: He has been a band director at St. Paul's College; he taught high school band, orchestra and choral; he umpired little league; he has been in parish ministry, Campus ministry, marching

band ministry, hospital chaplain, Pastor and co-pastor; and has done Pulpit supply, He has performed with Count Bassie, Carnegie Hall and the Lincoln Center in New York; the Kennedy Center in Wash, DC and has received many awards for his musical and service accomplishments.

Together they have a combined history of 75 years of ministry. They will be with us on Sundays and Wednesdays.

The Reverends Bullock will pick up the Pastor's Corner in June. This Pastor's Corner is contributed by Pastor John.

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### *Pastor's Corner*



I don't know how many of you are Jimmy Buffett fans. For those of you who are, perhaps you can introduce those who aren't to the Parrothead philosophy of life.

In the meantime, I want to share part of a song of his I ran across recently:

I bought a cheap watch from a crazy man  
Walking down Canal.  
It doesn't use numbers or moving hands,  
It always just says, "Now."

Now you may be thinking that I was had,  
But this watch is never wrong.  
And if I have trouble, the warranty says:  
"Breathe in. Breathe out. Move on."

Breathe in. Breathe out. Move on.

It's a *pithy* phrase, in the truest sense of the word: *A phrase or statement that is brief but full of substance and meaning.*

For over 2500 years, the breath has been at the center of mindfulness meditation. Modern medicine is just now beginning to recognize the demonstrable benefits of mindful breathing to human health and well-being. It is a key component in treatments for anxiety, depression, and post-traumatic stress disorders.

This is not some new fad or new-age belief system. It is both ancient wisdom and modern scientific observation. And surprisingly, perhaps, it is inherently present within our Christian faith.

There is no distinct term for “spirit” in either the Old or New Testaments. The concept is expressed by the metaphorical use of the Hebrew, *ruach*, or Greek, *pneuma*, both of which literally mean *breath* or *wind*. The English word *spirit* is simply the Anglicized version of the Latin word for “breath,” *spiritus*. So quite literally, the Old and New Testaments both understand spirit, breath, and wind (an invisible movement) to be essentially the same. In the very beginning, it was God’s *ruach* that moved over the unformed creation. Was it God’s Spirit, or God’s breath, or a wind from God? Yes. It was all of them. Is the third Person of the Trinity God’s Spirit, or God’s breath, or a wind from God? Yes. It is all of them.

A human being at rest takes approximately 22,000 breaths per day (I wonder who was the lucky one who got to count these for the first time?). 22,000 times per day, we encounter the *ruach*, the *pneuma*, that literally keeps us alive. When we are anxious or stressed, the rate of those encounters increases. What if we could understand even a fraction of those to be not simply an exchange of oxygen for carbon dioxide, but the sustaining presence of the Spirit/Breath/Wind of God?

As long as we are living, our breath is always with us, always available to remind us that God’s *ruach*, the *pneuma* of Christ, is always moving around and within us, sustaining us, energizing us, calming and calling us into God’s presence.

Breathe in. Breathe out.  
Move on, confident of Christ’s presence around and within you.

Pastor John

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Listen, my son, to your father’s instruction and do not forsake your mother’s teaching. They are a garland to grace your head and a chain to adorn your neck.  
Proverbs 1:8-9



## May Birthdays

Bonnie Scott	5/04
Jim Broyles	5/06
Jenifer Miller	5/08
Wade Preston	5/11
Patty Moya	5/14
Bayleigh Humphrey	5/18
Richard Schumacker	5/18
Heidi Scott	5/19
Jeanne Robinson	5/21
Pinky Humphrey	5/24
Alica Holthaus	5/25
Miriam Foster	5/27
Bill Cowin	5/28
Gail Barbour	5/29

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Every minute someone leaves this world behind.  
We are all in “the line” without knowing it.  
We never know how many people are before us.  
We can not move to the back of the line.  
We can not step out of the line.  
We can not avoid the line.  
So while we wait in line -



- Make moments count.
- Make priorities.
- Make the time.
- Make your gifts known.
- Make a nobody feel like a somebody.
- Make your voice heard.
- Make the small things big.
- Make someone smile.
- Make the change.
- Make love.
- Make up.

Make peace.  
Make sure to tell your people they are loved.  
Make sure to have no regrets.  
Make sure you are ready.

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Discretion will protect you, and understanding will guard you.

Proverbs 2:11



May 29<sup>th</sup>



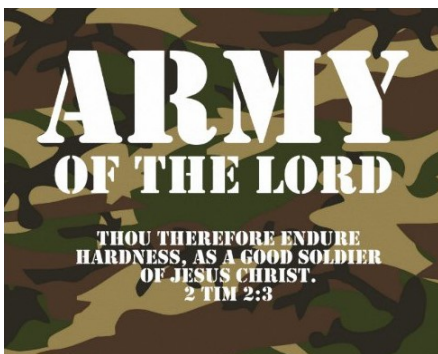
Originally known as Decoration Day, Memorial Day began with an idea from General John Logan as a way to honor the fallen soldiers of the Civil War. The first celebration on May 30, 1868, was held at Arlington National Cemetery with a crowd of 5,000 people decorating the graves of over 20,000 military personnel with flowers. Most experts believe General Logan planned the first Decoration Day for that day because Northern and Southern states would have flowers in bloom by then, though others believe the date was ideal because it didn't coincide with the anniversary of any battles.

Various Washington officials, including General Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home, among others, made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers, and singing hymns. Many also came prepared with a picnic lunch.

It wasn't until after World War I that Memorial Day was expanded to honor all veterans who died in any American war. In 1971, Decoration Day became officially known as Memorial Day and Congress passed an act declaring it a national holiday. That same year, Memorial Day was moved from May 30 to the last Monday in May by President Lyndon B. Johnson. "This will...enable families who live some distance apart to spend more time together," President Johnson noted in his official statement regarding what is now known as the Uniform Monday Holiday Act.



Eric Besaw with long-time church members, Dave and Joan Lindsey



A friend was in front of me coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed my friend by the

hand and pulled him aside.

The Pastor said to him, "You need to join the Army of the Lord!"

My friend replied, "I'm already in the Army of the Lord, Pastor."

Pastor questioned, "How come I don't see you except at Christmas and Easter?"

He whispered back, "I'm in the secret service."



All of them were filled with the Holy Spirit!  
Acts 2.4

Pentecost

May 28<sup>th</sup>

# WORD SEARCH

S L S E Y E F O L L U F A C E  
H E T S D L A R E M E X I S T  
O Y W D F S E V E N L A M P S  
W S E A Y I I T T R U M P E T  
Y S N E O C R E A T U R E A L  
O A T H U N D E R I N G S K I  
U L Y S R E C R B E D O G I G  
D G F I W V R E A U P E N N H  
E F O T I A Y H N I R S M G T  
H O U T L E S P G O N N A M N  
T A R I L H T U E A T B I J I  
O E C N A R A E P P A S O N N  
L S O G O A L M I G H T Y W G  
C I F O S E B O R E T I H W L  
L G D E D E E C O R P O W E R

ALMIGHTY  
CREATURE  
EXIST  
GOD  
JASPER  
PROCEEDED  
SHOW YOU  
THUNDERINGS  
YOUR WILL

APPEARANCE  
CRYSTAL  
FACE  
HEADS  
LIGHTNING  
RAINBOW  
SITTING  
TRUMPET

CLOTHED  
DOOR  
FIRE BURNING  
HEAVEN  
LION  
SEA OF GLASS  
SPEAKING  
TWENTY-FOUR

COME UP HERE  
EMERALD  
FULL OF EYES  
IMMEDIATELY  
POWER  
SEVEN LAMPS  
STONE  
WHITE ROBES

APRIL WORD SEARCH WORD: **GETHSEMANE**