

THE WITNESS



The purpose of Eastminster Presbyterian Church is to
share the Good News of Jesus Christ with all.

EPC Mission Statement ~ Adopted by Session 2011

November 11, 2015

The Joe Evans Respite Care Center

On October 18, the Session formally approved a next step in our Ministry to Senior Adults here at Eastminster. Beginning January 1, 2016, the Joe Evans Respite Care Center will open. With the generous donations from Bonnie Evans and the longtime, ongoing contributions by Tom Grissom, this center can open with start up funds, until it becomes self supporting. The center is a part of Eastminster's mission to the surrounding community.

The respite care program is designed to provide a safe, caring place for caregivers to bring frail senior adults while they run errands, keep appointments, or just have some time alone to rest. It is estimated that 30% of the elderly at home in the U.S. who require care receive it from family members. This can be stressful and exhausting. The Joe Evans Respite Care Center will be open from 10 a.m. until 3 p.m. Tuesday through Thursday each week. Senior adults who are mobile and able to feed themselves can come for one to three days and receive a snack in the morning and a hot lunch. The daily schedule will include daily devotions, games, chair exercises, singing, and other stimulating activities. The fee will be \$30 per day.

Helen Wilborn, who worked with Gwinnett Parks and Recreation's Senior Adult program for a number of years, has agreed to serve as Director. She brings a wealth of experience and wisdom, and we are grateful that she can serve in this capacity. We also can use volunteers, even if for just a part of a day, to help Helen. Please prayerfully consider whether you would like to help us with this ministry.

Tom Grissom told me that he has prayed for years that something like this would happen at Eastminster before he died. I informed him that this does NOT mean that he can die on us now – we still need his wisdom, humor and guidance as we expand our vision for senior adult ministry! If you would like to join us on our Senior Adult Ministry Committee, or volunteer some time to help with the new Respite Care Center, or contribute funds toward its support, please contact me or Caleb. We are excited about this new adventure and I look forward to Eastminster's continuing journey in ministry to the senior adults in our congregation and our surrounding community. Join us.

In Christ,

Jeanne

Sympathy to...

- ◇ the Zegel and Gordon families on the death of Dot Zegel on November 3.
- ◇ the Lavergne family on the death of Ed Lavergne on November 6.



CONCERT: Samantha Burke and Maryna Kysla

Sunday, November 15 @ 3:00 pm

Presented by *The Atlanta Concert Series*, this event will feature our own wonderful soprano, Samantha Burke, as well as the talented young Ukrainian pianist, Maryna Kysla. Ms. Burke and Ms. Kysla will share a program of vocal music and works for solo piano. Please mark the date on your calendars and invite someone to join you for this great afternoon of music! More information about *The Atlanta Concert Series* and its artists can be found online at: theatlantaconcertseries.org



December Birthdays

4	Meredith Covert	13	Samille Malloy	23	Sally Gryder	29	Lynne Scott
9	Hayden Howell	16	Ben Gerard		Pete Heckman		Kiera Swinkola
10	Robert McManus		Courtney Moore	25	Courtney Petty	30	Sarah Sauls
	Steve Stewart	17	Jennifer Streich		Kristen Terpstra		Siena Watchulonis
	Paul Timko	18	Matthew Adams	27	Lee McCoy	31	Kenton McWilliams
12	Steve Burger		Zachary Burrell		Zach Smethers		

The Power of a Simple Gift

It's that time of year again when we begin a Christmas outreach which is completed before Thanksgiving. Operation Christmas Child, a ministry of Franklin Graham's Samaritan's Purse, sends shoebox sized boxes (available in narthex) to children in 112 countries. Boxes are sent to boys or girls, with 3 age category choices. Include \$7 for shipping. Bring back to EPC by Sunday, November 22. Large collection boxes will be in narthex, Founders Hall and elevator hallway. More info call Mary Bentley 770-853-0378.



Congratulations Mardee!

On behalf of the Session and Eastminster Presbyterian Church, we celebrate five years of ministry with Dr. Mardee Rightmyer and would like to recognize and thank her for her loving service to this Church. Mardee has served Eastminster as our Christian Educator and helped us all to grow and learn more about ourselves and our faith through her various Wednesday night programs, pageants, Vesper services, vacation bible schools for all ages, Sunday School classes and preschool chapel lessons. We all enjoy Mardee's children's sermons as well as her heart-felt and genuine sermons. Her wealth of knowledge, resources and contacts

throughout the Presbytery have enriched us all. Mardee has shared her call and ministry with us so openly and honestly, and always has been someone you can talk to and know she is listening. Mardee's compassion for those that are hurting is reflected in her becoming a Stephen Minister this past year.

Mardee serves the Lord with a passionate heart and this is reflected in all that she does here at Eastminster. We are blessed to have Mardee walking with us on our faith journey. Thank you Mardee for your ministry among us!

Many of you know that Mardee has a passion for all things penguin, and as a gift to her, we are giving her two tickets to the Georgia Aquarium with a behind-the-scenes tour and penguin encounter experience. We expect an exciting penguin sermon tie-in in the next few months.



Mark your calendar for December 13 - Caring Tree

The Spirit of Christmas is evident at Eastminster, and this ministry needs lots of helping hands before December 13th. The Caring tree with cards of requested gifts for families and nursing home residents will be placed in the Narthex and Founders Hall. Volunteers can help by setting up and preparing the ornaments with names and requested gifts. If you want to assist in shopping for gifts, volunteers are needed. Taking a card and preparing the gifts requires an abundance of volunteers. Cards will be placed on the trees November 11th. Financial donations can be made to the Caring Tree fund. Caring Tree Sunday requires setting up the gym with tables, organizing the gifts and filling bags, wrapping additional items, delivering gifts. Many hands make light work! A lunch is prepared by volunteers for volunteers, so come join the joy and be a part of this long term ministry.

Want to be part of the activities? Sign up by November 1st!

Speak to or contact Linda Redman at lindaredman@bellsouth.net or any member of this Outreach project committee (Chapmans, Sally McMillan, Counts, Howards, Bill Hutchinson, Carmichaels, Adles, Barbara Hinkle, Beth Heckman, Kelly Gunter, and Mark Sauls). They will pass on your name and contact information to Linda so you can be part of this picture!

A big thank you!

Thank you to the many volunteers for the "Wear It First" Halloween carnival. So many helped to make this a huge success, and the children (and adults too) had a fabulous time. Our donations of food, 16 grocery bags, and candy, 6 grocery bags, were divided between the Stone Mountain and Lilburn cooperative ministries! Please plan on helping again next year.

"Wear It First" Halloween Carnival Photo Highlights!



Fitbit and Tefillins

Over the past year, Congregational Life and Care has had a series of articles by Church members describing their call to lose weight and improve their overall health through diet and exercise. Now as the holidays approach, and you're looking for possible gift ideas, I'll let you know about my fitbit.

Hopefully, the title has you intrigued, but I'll get to that shortly. About two months ago, Chip got us both fitbits as part of the "Emory Gets Fit" challenge to all of their employees and their families. The idea is that you wear it similar to a watch and depending on the model, it will track time, steps, miles, heart rate, calories, stairs, weight, sleep, and alert you when you're receiving a phone call. At first, I felt that like this was too much "Big Brother" monitoring me, and what was happening with all of this information? Was our insurance company using this data to increase our rates if I was too inactive? I still wonder, but Chip assures me that all of these questions were answered to his satisfaction and the rest of the folks at Emory.

One of the other features of the fitbit is that it rewards you when you achieve your daily goals with a celebratory icon and badges as you achieve longer term goals. You can see your weekly and monthly progress with apps on your phone and computer, and you can have friends that you challenge and a little competition can be a good thing. Peggy McCurdy, Lynn Maxwell, and Chip are my fitbit friends, and they can see when you sat on the sofa a little too long, but most of the time it turns into let's take a walk together, and I love that!

After having worn this awhile, I've decided the fitbit is a good thing in that it keeps you mindful and accountable, and that is how the fitbit is similar to the tefillin or phylacteries. Tefillin are the two small black boxes with black straps that Jewish men are required to wear. They place one box on their head and the other on their arm each weekday morning. Tefillin are biblical in origin and are commanded within the context of several laws outlining a Jew's relationship to God. Deuteronomy 6:5-8 "And you shall love the Lord your God with all your heart, with all your soul, and with all your might... Bind them as a sign on your hand and let them serve as a frontlet between your eyes." Inside the boxes are biblical verses and prayers, and blessings are said when they are placed.

I do think my fitbit serves a dual purpose in keeping me mindful of my activity level and in thanking God for my health and many blessings.

Peace,

Janice Wilmot

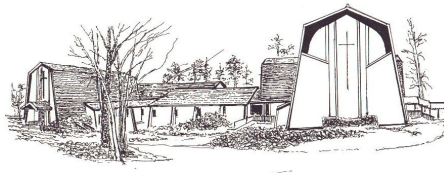


NEW and exciting:

The PW plan to attend together the Stone Mountain Women's Club Annual Holiday Home Tour on Saturday, December 12. Tour five homes from 10 - 4 and have lunch at Stone Mountain First United Methodist Church from 11 - 2. There will be a gift market at the church during lunch. Tickets are \$25 which includes the tour and lunch. If you want to go with us, bring a check to the church office payable to SMWC for \$25 and put in PW envelope. We need your signups and checks ASAP!

THE WITNESS IS
A MONTHLY NEWSLETTER OF
EASTMINSTER PRESBYTERIAN
CHURCH

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Return Service Requested

PHONE NUMBERS

Church Office: 770-469-4881
Fax: 770-879-9590
Preschool: 770-469-4880
School Age Program: 770-469-9489

DEADLINES

Newsletter ~ 5 p.m. November 30
Sunday Bulletin ~ Wednesdays at 8:00 a.m.

Church Staff

Pastor ~ Rev. J. Caleb Clarke III
Pastor to the Senior Adult Ministries ~ Rev. Jeanne Simpson
Director of Mission and Youth ~ Mark Sauls
Director of Christian Education ~ Mardee Rightmyer
Director of Music Ministries ~ Andrew Meade
Director of School Age Program ~ Celeste Sears
Director of Preschool Program ~ Stacey Moura
Communications Coordinator ~ Paula McGill
Financial Coordinator ~ Jan Zabarc