

# This Week @ First

## Compassion and Social Justice

The Compassion and Social Justice team has continued to expand the offerings we provide to our unsheltered neighbors on Wednesdays. After doing laundry for about 6 weeks, this past Wednesday we added showers to the assistance we provide. We have had a great group of volunteers keeping our snack pack program going and taking up laundry as well.

To continue offering showers, though, we will need additional volunteers. Showers are offered during the same time we offer laundry (10 - 12) but, to ensure the safety of everyone, the Session has required that we have a mixed gender team working with our neighbors. Right now we have two very committed men who do laundry, but we could use additional ladies. If you'd like to know more about what's being done or to volunteer, please contact Debbie Gibson ([gibsond1207@gmail.com](mailto:gibsond1207@gmail.com)).

Second Harvest Bread Boxing will take place on Friday, September 6. If you would like to volunteer, please sign up [here](#).

## Capital Area Justice Ministry (CAJM)

The CAJM Kickoff meeting will be held next week and First Presbyterian's ministry team will be there! Please look forward to an invitation to participate in our justice ministry's upcoming small group sessions during the months of September and October. We are working with CAJM on this year's goal of 1,000 community members attending the March 31, 2025 Nehemiah Action, holding our local community leaders accountable!



## Worship & Music

To watch our Sunday worship at 11 AM, connect with us on [YouTube](#) (find the bulletin [here](#)!)

## PCUSA Week of Action

Our denomination is declaring August 24-30 a Week of Action to provide a public witness acknowledging that God loves all Black lives. You can download Black Lives Matter signs from the PCUSA [website](#) and find other ways to continue this witness.



## Heritage Committee

The newly formed Heritage Committee is hard at work organizing historical documents and artifacts in order to preserve the almost 200-year past of our church and to highlight God's plan for our future. More to come...



## Sunday School

The elementary class (grades K-5) meets each Sunday in Room 306. The Middle and High school class meets in room 301. Classes begin at 9:30. A nursery is available beginning at 9:15.

To submit information to be included in the newsletter and/or the Sunday bulletin (as space permits), please use [this new link](#), which will take you to an online form. You can access the form directly through Breeze, as well. Thank you!

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## PW School Supplies Drive

Presbyterian Women will be collecting school supplies for our beloved First Presbyterian Preschool. We will bring these gifts to our Fall Gathering in August. A list of requested school supplies can be found [here](#).

## 2024-2025 BELINDA KELLY SCHOLARSHIP CAMPAIGN

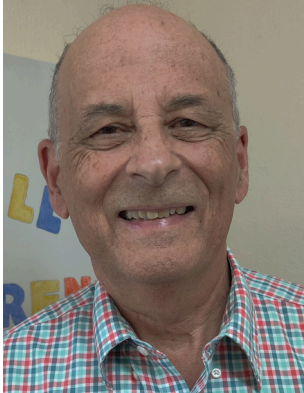
A big THANK YOU to all who contributed to the Preschool Belinda Kelly Scholarship Campaign. Your generosity has a direct impact on young children's lives. The campaign continues through the end of the month. You can send a check to the Preschool, put an envelope in the offering marked for the Scholarship, or online [here](#). We appreciate your support.

## Office Volunteers

Starting on August 27, we are in need of office volunteers from 12-2 PM on Tuesdays and Thursdays and on occasional Wednesdays. If interested in volunteering, please fill out this [form](#).

# Spiritual Formation Team

The mission program of our church is carried out by ministry teams. Each ministry team is designated by the session with a particular focus. Teams meet monthly or as needed and report to the session. These teams work together in cooperation with each other to support worship, service and spiritual growth in the church. This week highlights the Spiritual Formation Team.



**Greg Riccardi, Chair**

The Spiritual Formation Team provides for the growth of church members and for their equipment for ministry through programs of study, reflection, and service, fostering the life of the mind in service to God. Greg Riccardi, active elder, is the current chair. This is his third time serving on the session. He also coordinated the Adult Bible Study class for many years.

The current team focus has been on preparing for Sunday School classes for adults and children, as well as forming a youth group program. Sunday School classes for our youth are in progress, meeting from 9:30 to 10:30 AM. Grades K-5 meet in classroom 306 and begin the day with a music lesson from Ms. Aide. Middle and high Schoolers meet in classroom 301.

The Inquirers Class will begin September 15 at 9:30 AM in the Westminster Room with a social gathering. We will discuss class member memories and impressions of the Inquirers through the years. Members of the steering committee will present the topics for the first several weeks and discuss ideas about what will follow. Class members will be encouraged to share their ideas about interesting topics for future classes.


The Adult Bible Study Class will also begin September 15 at 9:30 AM in the Calvin Room. This class will use the “Feasting on the Word” curriculum, which follows the lectionary. The curriculum includes a study guide and other materials about the week’s Gospel reading. Plans for sharing the class leadership will be discussed during this first session.

Our third Spiritual Formation program scheduled for Sunday mornings this Fall is the 15-Minute Guided Meditation (Library), which continues at its regular time, 10:30 AM. Pierce Withers and Linda Smith will continue to co-lead this spiritual practice.

All are welcome to attend these classes and to participate in their organization. Contact Greg Riccardi for more details, [riccardigreg@gmail.com](mailto:riccardigreg@gmail.com).


**PRESBYTERIAN  
WOMEN**

Let Justice Roll Down



God's Call to Care for  
Neighbors and All Creation

**FALL GATHERING**  
Westminster Room  
3:30 - 5:30 PM  
Sunday, August 25, 2024



**15 MINUTES OF  
GUIDED MEDITATION  
BEFORE WORSHIP**

*Explore the Ancient Christian  
Spiritual Practice of Meditation*

**Sunday Mornings @ 10:30am**  
**John Calvin Room**

*BEGINNERS WELCOME  
NO EXPERIENCE NEEDED!*



# Pastoral Note

This week will mark the fourteenth Sunday after Pentecost/ Proper 16 or Ordination time. Trinity Sunday was May 26, 2024. The twenty-sixth Sunday of Pentecost will be on November 17, 2024. There are approximately 100 days and twelve Sundays remaining in the Pentecost Season. It begins with celebrating the Day of Pentecost, originally observed as a harvest festival, the Feast of Weeks or *Shavout*. The Festival of Weeks later came to be called Pentecost, which is derived from the Greek for the fiftieth day or fifty-day span of the Easter season. The Day of Pentecost commemorates the descent of the Holy Spirit on the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks.

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

– Acts 2:42–47

The Holy Spirit is still at work, calling, gathering, and empowering us in Jesus Christ to grow in discipleship. It calls us to serve others and live responsibly in our relationships. It calls us to be obedient to God. The old self is left behind. Discipleship is an adherence to Christ. It means a life of service, working to make Jesus Christ known and promoting peace, justice, and healing throughout the world.

John Calvin points out that the first and most essential step toward discipleship is a commitment of the heart: “It is a doctrine not of the tongue but of life. It is not apprehended by the understanding and memory alone, as other disciplines are, but it is received only when it possesses the whole soul and finds a seat and resting place in the inmost affection of the heart.” (John Calvin, *Institutes*, vol. 1:3.6.4) During this Pentecost season, how is our heart moving us to respond to the call of discipleship?

Christianity without the living Christ is inevitably Christianity without discipleship, and Christianity without discipleship is always Christianity without Christ.

– Dietrich Bonhoeffer

Rev. Glenn Hodges