



PHPC DIGEST

Jan - March
2020

A publication of the Congregational Care Department

Dear friends...

As the New Year 2020 is upon us, we in the congregational care office give thanks for the prior year and the multiple opportunities we have had to walk alongside members of our church and community in times of sorrow and in the midst of celebration. We are grateful, and we count it a privilege to live this life with you.

The year before us will offer a breadth of opportunities for growth in our understanding of caring for and supporting one another. Educational and fellowship opportunities will be offered to strengthen the bonds

between us. Read on for more details in this newsletter. Know that Mahlon Hight and I welcome your suggestions for programming ideas that may be of benefit to those in our congregation.

In the coming weeks, a Deacons Guild will be more formally introduced. In a similar fashion as the College of Elders, the Deacons Guild will gather current and retired deacons every other year to celebrate our common



calling to care and service. The first such gathering will occur this fall. We will also communicate with this group throughout the year, ensuring all are made aware of opportunities to actively participate in supporting the caring ministry of our

church.

It is a joy to serve with you and among you. May God's grace and mercy guide you in this New Year.

Mahlon

Births

Graham Phillip Woosley on October 3, grandparents are Kim and Frank Woosley

Vivienne Natalie Rivera on October 10, grandparents are Donna and Robert Dick

Ruby Hamilton on October 21, to Emilee Ryba and Chase Hamilton, granddaughter to Teri Ryba

Henry Otto on October 21, to Emily and Eric Weissmann, grandparents are Harriet and Dennis Greaney

Hazel Browning on November 3, to Ryan and Gary Berner

Hallie Ekmark Williams on November 8, grandparents are Margaret and Tom Williams

Beau LaCled Stockton on November 17, to Sarah Stockton and grandmother is Susan Stockton

Liliana Grace on November 20, grandparents are Ramón and Stephanie Miguez

Marriages

Emily Westbrook & Jake Sherrington, November 2

Ashley Fairhurst & Stephen West, November 9

Jamie Jennings & Forshey Hoobler, November 16

Emily Thurman & Eric Smith, in Austin in November

Deaths of Members

Jo Lawrence – October 26

Jonell Megredy – November 5

Caroline Bourestom – November 8



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2020 Thursday Morning Book Study

Begins January 9, 2020

Rev. Mark Brainerd leads a weekly morning book study at Panera Bread on Park Lane.

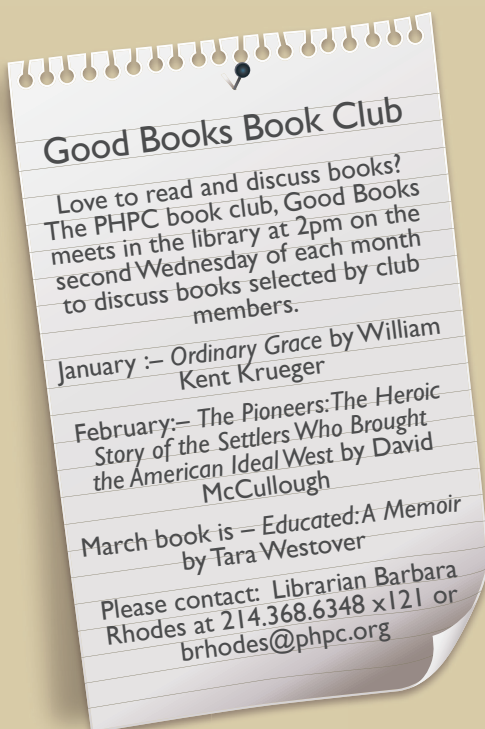
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Good Grief

Tuesdays 6:30 – 8pm, January 21 – February 25

In the PHPC Parlor
\$25 cost, scholarships available

phpc.org/griefsupport



Weekly at PHPC

Monday

Library Open (9am - 4pm)

Bridge (1 - 4pm)

Yoga (5:30 - 6:30pm)

Tuesday

Men's Breakfast

(6:45 - 8:30am)

Wednesday

Wednesday Bible Study (7-8am)

Art Class (9am - 12pm)

Library Open (9am - 4pm)

Women's Fellowship

(11:30am - 1:30pm)

Thursday

Disciple Bible Study (9:30-11:30am)

Tai Chi (12:30 - 1:30pm)

Theology on Thursdays (1:30-2:30pm)

Faith and Grief Luncheon

If you have experienced the death of a loved one and find yourself needing a safe place to process your grief, join us for the monthly luncheon at 12 noon, **January 16, and February 20 and March 19** at PHPC. It is a time and space for sharing your story and finding comfort among others who understand. Please register at www.faithandgrief.org or call 469.251.9612.

For information on our monthly Grief Support Luncheons, please contact Susan McDaniel at smcdaniel1952@yahoo.com or call 214.207.3980.

Foundation Lunch and Learn

February 16 at noon

How much do you know about our PHPC Foundation? Did you know every spring, the Foundation grants funds to 20+ college and seminary students heading off to school made possible by the endowed scholarship fund within the PHPC Foundation? Do you know about the "Birthday Fund"? If you would like to learn about the PHPC Foundation the perfect opportunity is on February 16th following the 11am worship service in Jubilee Hall. A panel of "experts" from the PHPC Foundation will talk about why the Foundation is important,

the many ways you can consider participating in the Foundation, and they will take your questions as we enjoy a delicious lunch.

Reservations are required – cost is \$10. You may sign-up to attend at phpc.org/seniors. There will be opportunities to sign-up in the Atrium on Sundays beginning 1/26. The deadline for reservations is February 13. Questions may be directed to Mahlon Hight mhight@phpc.org and Tammy Hale thale@phpc.org.

Good Grief

We are changing the name of our long-standing grief group to Good Grief. As the Care Ministry continuously strives to update and refresh our programming we decided it is time for a new name for this successful ministry. We will continue to offer this important program three times a year - winter, summer and fall, on Tuesday evenings, in the Church Parlor. The next session of Good Grief will begin on January 21 (full instructions for signing up are found on the calendar bar of this newsletter).

Rev. Mark Brainerd and Mahlon Hight lead the weekly sessions. There are no assignments and no required reading. If you, or someone you know, would benefit from a small group setting to explore the many facets of the grief journey we hope you will join us for Good Grief.

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Info Sessions - Sandwich Generation

Thursdays – January 23 and January 30, 2020

6:30 – 8 p.m. in Jubilee Hall



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Wholeness and Healing

This service begins at 7 p.m. in the Chapel and is led by Rev. Mark Brainerd and members of the Diaconate. It is a time for quiet reflection, meaningful words and music to seek comfort and wholeness rooted in the good news of the Living God.

Thursday Morning Book Study

2020 Thursday Morning Book Study begins January 9, 2020
Panera Bread on Park Lane at 7 a.m.

First book – January 9 to February 13
Our Better Angels: Seven Simple Virtues that will Change Your Life and the World
by Jonathan Reckford, CEO
Habitat for Humanity

Rev. Mark Brainerd leads a weekly morning book study. You may sign up on the church website or contact Tammy Hale at 214.368.6348 x113 or thale@phpc.org



Info Sessions for the "Sandwich Generation"

On two consecutive Thursday evenings in January, we will have information sessions geared toward the "sandwich generation" (folks in their mid-40s to mid-60s who may have children at home or in college and also have relationships with senior adult loved ones about whom they are concerned).

Presenters from The Senior Source will provide **two different presentations** focused on information that is helpful to this demographic:

January 23 - "Assisting Your Loved One with Important Decisions & Documents – Insights, Challenges and Preparations to Consider when Helping the Senior Adults in Your Life"

January 30 – "Having the Talk" this will focus on how to begin having the sometimes difficult conversations about end-of-life plans, safety issues, caregiving and many other topics that need to be discussed with senior adult loved ones.

Both evenings begin at 6:30 p.m. with a light supper; the presentation begins promptly at 7 p.m..

Q&A after the sessions ends by 8:15 p.m..

The cost for each session is \$15.

Reservations may be made at phpc.org. If you have questions, please contact Mahlon Hight at mhight@phpc.org Tammy Hale at thale@phpc.org.

Volunteer Needs

It Takes a Lot of Folks to Support a Vibrant Ministry!



Mahlon Hight, Coordinator for Care and Senior Adults

As we enter a new year together I hope you will consider taking advantage of the many opportunities the PHPC Care Ministry provides. Our hope is we are touching all aspects of the congregation with programs and events designed to inform, care, and encourage growth and to provide fun and fellowship.

Executing large-church programs takes vision and planning by the staff and the leadership, but it also takes volunteers to assist in preparation and staffing the events and programs and communicating timely information.

The newsletter you are reading requires a group of volunteers to place mailing labels and closure stickers on each newsletter for mailing. Looking into the New Year, I am hopeful you will consider ways you can be a participant in PHPC ministry, not only as an attendee, but also as a volunteer.

We are currently assembling a list of names and contact information of people who would be willing to participate in one-time volunteer efforts, usually during daytime hours, Monday through Friday. This will not only help the Care Ministry, but other ministries as well, because each area has efforts that could benefit from volunteer involvement.

Does YOUR name belong on our list? If you are willing and have the ability to contribute your time occasionally to helping out in a variety of ways, it does!!!

For more information and to sign-up, contact Mahlon Hight (mhight@phpc.org) at ext. 118 in the church office (214-368-6348).

PHPC Care Team

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Any other questions:
214.368.6348
www.phpc.org

Presbyterian Women at PHPC



Presbyterian Women continue our meetings on the second Monday and Tuesday of each month. In January, we will pick up our study of the Ten Commandments with the "thou shalt not's," which more appropriately should be called Words of Love to encourage us in more gracious living with each other. The study brings nuances to each of the lessons from a view of the context in which these laws were given, how Jesus viewed them and how we should apply them. It is not too late to attend.

On February 8, we will hold our annual retreat at Springhill Conference Center with the Rev. Nancy Drake as our facilitator. Even when the world and our individual lives seem chaotic, frantic and a bit out of control, Scripture and spiritual practices give us ways to find peace and hope.

Do you want to be one of the 40 participants at this retreat?

Please contact Stephanie Miguez at 214.957.6669 to register.

Cost is \$10 – snacks, lunch and materials are included.

No need to attend circle to join us at the retreat. We hope you will come!