

September 1, 2013



Providence Prophet

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<http://providenceccdoc.org> | Rev. Carol L. Devine, Pastor

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Message from our Pastor

Prayer is an awareness of the presence of a holy and loving God in one's life. Prayer is thanking God for our blessings, giving God our concerns and listening to God for a higher perspective, elevated to a consideration of eternal values. Prayer is communion with God and connecting spiritually with all that God created.

Meditation, as a contemplative and reflective type of prayer, is mentioned 20 times in the Bible, mostly in the Psalms. The practice of Christian mediation grew out of "prayer without ceasing" practiced by the Desert Fathers and Mothers in the 4th Century. It has always been part of monastic communities, and books have been written on it since the 7th Century.

Many positive spiritual and physical health benefits are associated with the regular practice of meditation: less stress, anxiety, addiction, depression, eating disorders, improved cognitive function, reduced blood pressure, pain response, stress hormone levels and more. Meditation changes our brain.

Our Regional Minister, Greg Alexander, encourages by example and by word for all Disciples' clergy to have a daily spiritual practice that includes prayer and meditation. In the same way, as your pastor, I encourage each of you to have a daily spiritual practice. Pray alone. Pray with your spouse. Pray with your children and other family members. You and your family will benefit. And if you are ready to take the next step, sign up for Don Gash's Meditation Course. He will teach us how to mediate and then hold us accountable.

Blessed to serve you,

Carol

Funding
Our FUTURE III

...the journey continues...

Capital Campaign III

The Capital Campaign Team wishes to thank all those who have submitted your pledge cards.

We are expecting to receive more pledges and will report soon on the status of Funding Our Future III.

WELCOME NEW MEMBER
BILL WATSON



New member, Bill Watson, transferred his membership to Providence on August 4th.

SEPTEMBER CALENDAR

- 9/2/13 – Labor Day – Church Office will be closed
- 9/8/13 – 12:30 PM – Potluck and Board Meeting
- 9/13/13 – 7:00 PM – Providence Youth Group Lock-in begins
- 9/14/13 – 8:00 AM – Providence Men’s Group Breakfast
- 9/22/13 – 4th Sunday – 4 Cans for Christ
- 9/25/13 – 9:30 AM – Providence Disciples Women’s Service Group Meets
- 9/29/13 – 3:30 PM – Great Lexington CROP Hunger Walk (see also below)

Each Sunday

- 12:15 PM Pilates with Sarah Downs
- 5:00 PM Christian Children’s Program
- 6:00 PM Youth Group

Each Monday, Wednesday, Friday

- 10:00 AM – “Bodies in Motion” Low-Impact Exercise Class

Each Wednesday

- 5:45 PM – Providence Prayer Team
- 6:30 PM – Choir Rehearsal
- 7:00 PM – Youth Fellowship

SEPTEMBER BIRTHDAYS

Jackie Bellman	4
Sarah Hack	4
Mildred Walker	9
Judy Jones-Toleman	20
Don Draper	21
Norman Flynn	21
Janice Morton	29
Don Thornton	30

KENTUCKY DISCIPLES/WOMEN’S MINISTRIES

2013 Fall Retreats

A registration form and additional details are posted on the bulletin board, available in the church office or at www.ccinky.net

- Retreat #1** – Oct. 12-13 at Barren River State Resort Park
- Retreat #2** – Nov. 2-3 at Pine Mountain State Resort Park
- Retreat #3** – Nov. 8-10 at Knobs Haven Retreat House

GREATER LEXINGTON CROP HUNGER WALK 2013

Providence Youth Group will participate in the 2013 CROP Walk scheduled for Sunday, September 29 at 3:30 PM. The CROP Walk is a 3-mile experiential walk through some of Lexington’s historical areas beginning at the Second Street Presbyterian Church, E. Main and Ransom Streets.



The goal this year is to raise \$30,000, and you will have the chance to sponsor our Youth Group in raising our portion of this goal.

Twenty-five percent of the funds are donated to God’s Pantry which provides food and hope to the hungry in 50 Central and Eastern Kentucky counties. CROP Hunger Walks are community-wide events sponsored by Church World Service and organized by local volunteers to raise funds to end hunger.

MEDITATION GROUP AT PROVIDENCE

Don Gash has offered to lead a meditation group one evening a week at Providence, beginning in September. This is part of a program Don is developing on “Cognitive Fitness for Successful Aging.” The program has been very successful helping many in all walks of life. It also involves some yoga and meditation practices at home each evening.

If you have an interest, please contact Don at dongash@uky.edu or Jackie Bellman, 885-3196 or bellmans@windstream.net.



Ever thought about being a Boy Scout? Now is the time to sign up! Come and join our Scouting family. Please visit www.BeAScout.org or contact us at 859-231-7811 for more information or to register.

The church building is the Lord’s House and property of the community. It belongs to all of us. Please help us keep the building tidy. Pick up after yourself, as well as, the rest of the church family. Put trash in the trash can, recycling in the recycle receptacles and hymnals and Bibles under the chairs. Thank you for your help.

PROVIDENCE PRAYER TEAM

The Providence Prayer Team meets at 5:45 on Wednesday evenings.

SERVING IN THE ARMED FORCES

Let us pray for peace, guidance for our country’s leaders and for our military: Donnie Thornton, Bradley Clark, Adam Draper, Allen Fielder, Jason Rutherford, Randy Coy, Trip Browning, Bobby McNeil, Craig Tackett, Ken Harney, Steven Russell.

MEMBERS, FAMILY AND FRIENDS

Don Draper, Mildred Walker, Milly Browning, Margaret Waits, Erica Thornton, Treva Adams (Brenda Coots’ sister), Ronnie Coots (Frank’s brother), Keith Sargent (Carol’s cousin), John Hufford (Joe’s brother), Kimberly Hodge, Paula Cull, Denise Turner (Sidebothams), Dylan Gash (Don’s nephew), Jack Musgrave (Ann Rea Anderson), Bob Krupski, Sarah Fitzhugh (John Krupski), Theresa McWhorter (Tammy Durham’s sister), Darlene and Daniel Barnes, Jane Justice (Whitt), Pastor Carl King, Susie Holbrook (Jennifer Payne), Roberta DeHaven (Sharon Heathman’s mother), James Ruckman (Allene Fielder’s brother), Don Smitson (Eddie Cox’s brother-in-law), Reece King (Linda Schweitzer), Laura Crawford (Flynn), Edythe Albrecht, Myrtle Warren.

– Please contact the Church Office with additions or corrections. –