

First Pres News Flash

May 2, 2019



GENTLE YOGA: Friday, May 3, 2019 - 9:15am - Class to be held upstairs in the Bible Town room. The cost of the class is \$10.00. Suzanné (Sangita) Chapman, RYT, CBYT, APP Suzanné has been involved in the Alternative Healing field since 1990. She is a Certified Personal Trainer and received her diploma in Polarity Therapy from the Columbus Institute of Polarity in 2003. She has practiced and taught Yoga for over 17 years. She is a Registered Yoga Teacher, licensed since 2006 by the Yoga Alliance. She is also a Certified Brahmishi Yoga Teacher, receiving her certification in Kent, Ohio in this lineage in 2007. She owned the Center for Body Mind Harmony/ One Spirit Yoga in Tallmadge, Ohio for over six years. Her style of teaching incorporates her extensive back ground in the Eastern Arts. Suzanné's style of yoga is for all ages and all levels of yoga experience. She incorporates a therapeutic Hatha style of yoga with added benefits of Polarity therapy, and aspects of Chinese martial arts, to provide a holistic benefit to her classes. Suzanné's teachings of yoga focus on unifying the breath and the movement of the body. Her classes focus on allowing all students to receive the benefits of the practice. She modifies the poses with the use of props and providing alternative options. Her knowledge in breathing techniques, stretching, nutrition and meditation are the foundation of her personal life. In her own words: "Yoga is a guidance system that can assist anyone in the pathway of life. If you can breathe, you can experience the benefits of a yoga practice."

CATHOLIC CHARITIES: The Resilient Family Project is serving families in Ashland, Holmes and Wayne Counties through Parent Café Experiences and Triple P Discussion Groups. Open to all caregivers of children ages three to eighteen. Four Fridays in May **beginning May 3rd** at 1:00 p.m. in Classroom 3 and Youth Center at FPC. For more information contact Barbara Kudravi, Program Coordinator at bxkudravi@ccdoleorg.

SUNDAY SCHOOL – May 5, 2019: Godly Play: The Good Shepherd; **Bible Town:** Self-Control; **Jr. High:** Presbyterian History **Sr. High:** Learning how a local organization is helping former prison inmates re-enter society. Guest speaker will be Susan Figge of Behind Bars & Beyond organization. Any interested parents or congregation members are encouraged to join us in the Youth Room at 9:30 AM for this discussion; **Adult Ed Class in the Parlor** will continue their four-week series. Master Teacher and theologian Walter Brueggemann will be featured on a video each week, and David Rice, a former pupil of Brueggemann, will lead the discussion. **Adult Ed Class in Classroom 1** continues their study on our faith journey and how we get there.

Rev. Richard Wereley will be preaching on Sunday, May 5th during the 8:30 and 10:45 services.

Monday, May 6th Senior Men's Luncheon at 11:30 a.m. at Green Leaf Restaurant. Come and join us.

Members not pictured in the directory whose contact information has changed or who do not wish all or part of their contact information to appear in the directory are asked to notify the church office by May 6.

Please donate your treasures and time for the **RUMMAGE SALE** on Friday, May 10th. Items for the Rummage Sale can be placed in the Gathering Area. The Rummage Sale is Friday, May 10th from 9:00 AM to 6:00 PM. Set up is on Wednesday the 8th with pricing on the 9th. Sign-up sheets are now posted on the board in the Gathering Area – please consider participating in this Women's Fellowship event to raise funds to support church youth programming and scholarships, community outreach, missions, and building improvements.

2019 PHOC MAPLE SYRUP - The Pleasant Hill Outdoor Camp maple syrup program to support the youth programs was very successful again this year with good weather and great volunteers! Quality is excellent and we will have plenty of pints, quarts, half-gallons, and gallons for sale in the welcome center between and after services this Sunday

The tending of the First Presbyterian gardens has now begun. There is one garden that needs a new caretaker. It's the one on the former Mocha House property (now Encompass/Encourage). If interested, please contact Roy Haynes at haynes@wooster.edu or at 330-264-8484.

PEOPLE TO PEOPLE MINISTRY DONATION FOR MAY IS: cereals, ready to serve soup, toothpaste and deodorant. Please place your donation in the boat outside the church office. Our contributions can and will make a difference! Thank you for your support!

Central Christian School is now accepting registrations for summer athletic and fine arts camps! This is an excellent opportunity for athletes and musicians to build on fundamental skills, meet new friends, and have fun trying something new! These camps are open to students from all area school districts. Please visit <http://www.ccscomets.org/news/summer-camps-2019> or call **330.857.7311** for more information.

LIFE LINE SCREENING will be at FPC on Saturday, June 15, 2019 for preventive screening. Pre-registration is required. See the flyers on the counter in the Gathering Area for more details.

CALENDAR

Thursday, May 2	8:00 a.m. 6:30 p.m. 7:00 p.m.	Tri-County Speech Tournament WACPAC (upstairs) Choir Practice
Friday, May 3	9:15 a.m. 1:00 p.m.	Gentle Yoga Catholic Charities – Youth Center and Classroom 3
Saturday, May 4	9:00 a.m. 6:00 p.m. 6:30 p.m.	Al-Anon AA WACPAC (upstairs)
Sunday, May 5	8:30 a.m. 9:15 a.m. 10:45 a.m. 6:00 p.m.	Worship/Communion/Chapel Sunday School Worship/Communion/Sanctuary Narcotics Anon. (NA)
Monday, May 6	11:30 a.m. 12:00 N 1:00 p.m. 1:30 p.m. 6:30 p.m.	Sr. Men’s Luncheon Rotary Pastoral Meeting Admin. Staff Meeting WACPAC (Upstairs)
Tuesday, May 7	8:30 a.m. 12:00 N 2:00 p.m. 5:30 p.m. 7:00 p.m.	Bible Study Kiwanis Rummage Sale Prep Wee Care Board Boy Scouts

Wednesday, May 8

7:00 p.m.

Rummage Sale Prep
Faith and Practice

Thursday, May 9

6:30 p.m.

Rummage Sale Prep

7:00 p.m.

WACPAC
Choir Practice