



Nitro First Presbyterian Newsletter

Beating the Summer Heat

July/August/September
2019

THE POWERFUL PROMISE OF PSALM 91

By Debbie McDaniel

We trudged slowly back to the car through a crowded parking lot in the summer heat. Hot, humid, full sun bearing down. I noticed my daughter matching my steps, walking close by my side the entire way back. Little legs stretching out as far as they could to match my stride. She smiled up at me and said, "Mom, look, I'm walking in your shade." She'd found the shadow, the safe place to walk. I loved that my side was her shield, giving her protection from the heat.

***"He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty." [Psalm 91:1](#)***

We may not always see it, or feel it, we might forget it's there at times, or even wonder if He's left us to fend for ourselves in the heat of hard situations of life. But His protection is real. He doesn't, He can't, forget us or ignore us. If we belong to Him, His love is too great to leave us on our own.

Is it any coincidence that this is the 9-1-1 verse? In whatever troubles we face today, God is the place of refuge we can run to, He is our safe place.

The word "dwell" used in this verse actually means, "to take up permanent residence in." He reminds us to stay in His presence, for it's a permanent place of living. His Word says if we do that, we will "rest" in the very "shadow of the Almighty." Shadows by definition are a place of protection or covering, they provide relief from the direct heat of the sun. If the heat is severe, the shade is the place we run to. It diminishes what we actually feel in the intensity of the heat.

A reminder for us, especially in the tough stuff, that we never walk alone. Full heat of troubles bearing down hard, heavy, it's a struggle at times to keep trudging through it all. Pressure and stress can seem as stifling as a hot afternoon summer sun. Yet God whispers truth, strong and sure, "Walk in my shadow, up close to my side." It's in the safe place that brings confidence; for when we are resting in God's shadow, we will never face the full heat of our difficulties. He shelters from that pain. His shade, His shadow, diminishes what is actually felt in the intensity of all the heat. Rest, peace, and calm rise up strong, right in the struggling mess of life, and we're assured, He's in control.

Sometimes, maybe unintentionally, in the busy difficulties of living, we might strive to survive on our own. We forget that what we need most, God's protection and the comfort of His presence, are freely available to those who love Him and walk under His covering.

This entire chapter of [Psalm 91](#) is filled with the goodness and power of God. "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation." [Psalm 91:14-16](#)

There is great blessing as we seek after God, and choose to walk in His ways. In the midst of great darkness in this world, living in it all without His Truth and freedom, would be like wallowing in the pit. Not much hope to be found there. The truth is, this world has been dark for generations, since sin first entered the earth at the hiss of the enemy's lies.

Yet God's reminders are sure, strong, and true, assuring us that in all that we walk through in this journey, His call is always to rise above. He reminds us we're not alone. And though He never says that we won't face hard times, He does say He'll be with us in it, rescuing us, and shining His favor over us.

Don't ever doubt it. God works on behalf of those who love Him and honor His name. He is so good to us. We may never fully know, this side of heaven, how very much He has sheltered us from in this life.

A Prayer from Psalm 91

"Dear God, Thank you for your presence with us, thank you for your Almighty Shadow. Thank you that you go before us, and cover us from behind. Thank you that you are in our midst, and that our future is secure in the place you're preparing for us. Amen."

BEAT THE HEAT



by Patricia Day

The power of the sun beating down on the earth is oppressive. Every living thing wilts as dehydration begins. Leaves and flowers dip their heads as moisture evaporates. Animals seek shade in an effort to find relief. Human movements and thoughts slow and become laboured. They all need life-giving water, as well as shade and rest. Water refreshes the plants, and just as surely revives birds and humans. Watering my garden, I sense an analogy.

The heat of sin can drain us, too! One by one, big and small, sins come in to our lives, causing struggle. We become wearied as we seek comfort in a demanding world. Some, sadly, give up, losing their will to continue the battle. When we accept the comfort of spiritual refreshing — the water of life from the Son of God, Jesus — it is long-lasting, and it also benefits us physically. We are totally rejuvenated with an in-filling of sustaining energy. His cathartic renewal lasts forever, sustaining us day by day.

We can hold our heads high when we seek and accept forgiveness for our wrongs, from a God greater by far than the power of the sun. He is the maker of all things, and He loves us all more than we know. Only He can redeem us from our unhealthy or precarious habits and bring us to a safe place: a place of rest. The refreshing of His Word, the Bible, energizes us to move forward, one step at a time, in new directions as we see beyond our troubles.

Hosea 14:7a – Those who dwell under His shadow shall return. They shall be revived like grain, and grow like a vine. (NKJV)

Isaiah 57:18a – I have seen his ways, and will heal him; I will also lead him, and restore comforts to him. (NKJV)

So, in the heat of life, there is a place we can triumph. We do not have to wither and die when the heat becomes too great. God is the One to follow, and Jesus is the Way to rise above trials and survive. The water of life helps us to come clean, in whatever situation we find ourselves.

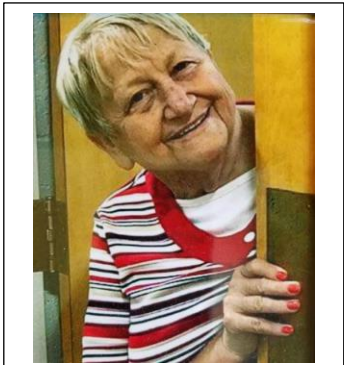
Jeremiah 30:22 – You shall be My people, and I will be your God. (NKJV)

2 Corinthians 5:7 – For we walk by faith, not by sight. (NKJV)

Prayer: We thank You, Abba, Father, for giving us Jesus, who brings us refreshment, redemption, and salvation. We accept His Way as being the only way to live. Amen.

Birthdays

July	August	September
4 Summer Harris	1 Judy Whipkey	1 Brandi Lopez
7 Charles Brady	4 Sabrina Snead	3 Janice Kelly
8 Robert Kautz	Terri Helmick	6 Betty Hamilton
10 Randy Humphreys	6 Sharon Snead	11 Robert Hamilton
13 Jack Van Dyke	11 Chuck Martin	17 Barbara Goff
14 Steve Atkins	12 Larry Harris	Stan Summerfield
15 Kristin Putnam	Ashley Westlund	18 Susan Skees
18 Judy Sutherland	17 Roger Hardway	Dane Ryan
21 Gray Cochran	21 Katie Roberts	20 Dayton Putnam
24 Cliff Sutherland	22 Margie Harris	22 Drema Scott
25 Tilly Mynes	24 Rylee Stoler	Charlee Martin
27 Jill Hindle	26 Ruth Phalen	24 Mike Hindle
28 Vikki Hamilton		25 Lynne Kibler



The Poca High School Trophy Case Memorial to Peggy A. Melton is being BUILT!

Thanks to everyone who donated or prayed for this project which meant so much to Peg!!!



WE WANT TO HEAR FROM YOU!!!

EMAIL or TEXT* recipes, photos, meeting minutes, committee reports, announcements, and more to: MRSAPITZER@GMAIL.COM

NEXT DEADLINE: 9/15/19

*Just text to EMAIL instead of phone #



Children's Sunday School Class



The Children's Sunday School Class finished their study on the twelve disciples of Jesus. The story of Paul and Silas in prison came next. Several lessons have been done on the Lord's Prayer. The children made their own watercolor painting of what they envisioned when the Lord's Prayer was read. They made a picture-book of the Lord's Prayer and a personal prayer booklet. They will need some adult assistance in recording their prayers. The children are encouraged to learn the Lord's Prayer if they don't already know it. Games and crafts still seem to be high interest activities. If you hear us upstairs during the Sunday School hour, please say a prayer for us. The children and the teacher tend to be noisy. We are still learning the books of the Old Testament. Ask one of the children which is his/her favorite Old Testament book. Thanks to everyone that has and will help this summer. Thanks for the donations of snacks and treasure chest items. Thanks to the Session/church for the nice new matching chairs. The paint job looks good too.

July 2019
Elder of the Month: Suzie Humphreys

SUN	MON	TUE	WED	THU	FRI	SAT
	1 10:00 Quilters 6:00 - VBS Meeting - Church of God	2 10:00 - Bible Study 6:00 - Congregational Care	3 5:00 - Worship Comm 5:45 - Hand Bells 6:30 - Choir	4 Independence Day Church Office Closed	5	6
7 9:30 - Sunday School 11:00 - Worship Service with Holy Communion and first fruits	8 10:00 Quilters	9 10:00 - NO Bible Study 10:00 - Called Meeting of Presbytery - Breem Memorial Presbyterian Church - Charleston 6:00 - Women's Bible Study	10 5:45 - Hand Bells	11	12	13 9:00-11:00 - WV Electric Car - Larry Harris 12:00 - Club/Tyler Whiskery Shower 4:00 - Taste of Nitro
14 9:30 - Sunday School 11:00 - Worship Service and Hunger Offering 12:00 - SALT Meal	15 10:00 Quilters 6:30- Mission Team Mtg. - Holy Trinity	16 10:00 Bible Study 6:00 - Session	17 5:45 - Hand Bells	18	19 Ridenour Regatta	20
21 9:30 - Sunday School 11:00 - Worship Service 6:00 - Community	22 10:00 Quilters Vacation	23 10:00 - Bible Study 6:00 Men of the Church Bible	24 5:45 - Hand Bells School at the Church of God	25	26 6:30 - Pool/Pizza Party - Nitro Pool	27
28 9:30 - Sunday School 11:00 - Worship Service 6:00 Church in the Park (Bring Remembrance up from Basement)	29 10:00 Quilters SET UP	30 UP	31 5:45 - Hand Bells CLOTHES ONLY			3 5:00 - 8:00 - Bible School for Adults and Youth



News from the Pastor Nominating Committee

LEADERSHIP COMPETENCIES

The PNC (Pastor Nominating Committee) was asked to choose ten leadership competencies that we think are important for the new pastor position. Please read these and decide if you agree with the committee and make any suggestions or additions. Give your comments to Lynne or any member of the PNC.

COMPASSIONATE --having the ability to suffer with others; being motivated by others pain and is called into action as an advocate; is motivated by caring for others while concurrently keeping the organizational goals clearly in focus.

PREACHING AND WORSHIP LEADERSHIP—Is a consistently effective preacher and worship leader; is able to inspire from the pulpit; communicates a clear and consistent message through sermons that are carefully prepared and artfully delivered; projects the identity and character of the congregation through worship leadership presence.

HOPEFUL—maintains stability in the moment and hope for the future; provides direction, guidance, and faith when describing basic needs; and helps followers to see a way through chaos and complexity.

COMMUNICATOR—advances the abilities of individuals and the organizations through active listening supported with meaningful oral and written presentation of information

ORGANIZATIONAL AGILITY—is astute about how congregations and/or organizations work; knows how to get things done through formal and informal channels; understands the importance of supporting good policy, practice, and procedure; appreciates the power in the culture of a congregation; is politically savvy

COLLABORATION—has a natural orientation toward getting people to work together; shares wins and successes; fosters open dialogue; lets people finish and be responsible for their work; creates strong feelings of belonging among group members; is a good judge of talent and can accurately assess the strengths and limitations of others

STRATEGY AND VISION—sees ahead clearly, keeping focused on the larger picture; can anticipate future consequences and trends accurately; is future oriented; casts a compelling and inspired vision for a preferred future; sees possibility; crafts breakthrough strategies

INTERPERSONAL ENGAGEMENT—displays a consistent ability to build solid relationships of trust and respect inside and outside of the organization; engage people, organizations, and partners in developing goals, executing plans, and delivering results; use negotiation skills and adaptability to encourage recognition of joint concerns, collaboration, and to influence the success of outcomes.

PERSONAL RESILIENCE—learns from adversity and failure; picks up on the need to change personal, interpersonal, and leadership behaviors; deals well with ambiguity; copes effectively with change; can decide and act without having the total picture; comfortably handles risk and uncertainty; seeks feedback; expresses personal regret when appropriate

FLEXIBILITY—adapts behavior and work methods in response to new information, changing conditions, unexpected obstacles, or ambiguity; remains open to new ideas and approaches; and works concurrently on related and conflicting priorities without losing focus or attention



Anniversaries

July

- 2 Cliff & Judy Sutherland
- 17 Larry and Margie Harris

August

- 2 Gray & Karen Cochran
- 12 Randy & Suzie Humphreys
- 23 Chuck & Ashlee Martin

September

- 11 James and Betty Hamilton

Nitro Community Vacation Bible School

In affiliation with
the Nitro Mission Team

"IN THE WILD"

Amazing Encounters with Jesus John 20:31

Location: Nitro Church of God
15th St. @ 2nd Avenue
304-755-7227

July 21-25, 2019

6:00-7:30 pm

SALT Meals

"Serving As the Lord Taught"

If you are interested in helping prepare SALT meals, please contact the Elder in charge that month. Also, we are always in need of people to help deliver meals after church!

January	Dane Ryan
February	Sally Atkins
March	Larry Harris
April	Beth Criner
May	Gray Cochran
June	Steve Atkins
July	Sally Kinder
August	Suzie Humphreys
September	Sharon Snead/Alice Stahl
October	Ed Hamilton
November	Lynne Kibler
December	_____

ELDERS OF THE MONTH 2019

January	Sally Atkins
February	Larry Harris
March	Beth Criner
April	Gray Cochran
May	Steve Atkins
June	Sally Kinder
July	Suzie Humphreys
August	_____
September	Ed Hamilton
October	Lynne Kibler
November	_____
December	Dane Ryan

A TASTE OF NITRO

**Saturday July 13
--4:00 PM till 7:00 PM--
on the yard of St. Paul's UMC**

As of the present date we have the following groups committed to participating and furnishing the listed food items for "THE TASTE "

1. Nitro Church of God ---Homemade Lemonade and Peanut Butter Fudge
2. Nitro Nazarene---Nachos and Tacos in a bag
3. WV Home Mission ----Homemade Cupcakes
- 4. 1st Presby -----Mini Cheesecakes**
5. St.Paul's UMC ---Bar-B-Q Sliders and Peach Cobblers
6. Nitro Church of Christ ----Hot Dogs and all the Fixn's
7. Kingdom Life ---Potato Salad
8. 1st Baptist -----Pepperoni Rolls
9. Emmaus Bible Church---Operate the Soft Drink booth
10. City of Nitro Employees-----Watermelons

Each Church will furnish 48 canned soft drinks plus furnish whatever supplies needed to fix and serve your selected food items.

The Nitro Convention & Visitors Bureau will supply us with a GREAT Bluegrass band for entertainment throughout the event plus all workers will be supplied with an event tee-shirt. We would wish that all workers to wear this tee-shirt during the event to show "TEAM" unity in our efforts.

The Nitro Antique Car Club will once again bring many old cars and old car fans to our event.

Mini Cheesecake Tarts

Recipe by Our Best Bites

Ingredients:

- Vanilla wafer cookies (minis)
- 2-8 oz. packages cream cheese
- ¾ cup sugar
- 2 Tbsp. flour
- ¼ tsp baking powder
- 1 Tbsp. fresh lemon juice
- 2 eggs
- 1 ½ tsp vanilla
- Mini cupcake liners

Toppings:

- canned pie fillings
- whipped cream
- fresh berries
- chocolate sauce
- caramel sauce
- lemon curd
- mini chocolate chips



Instructions:

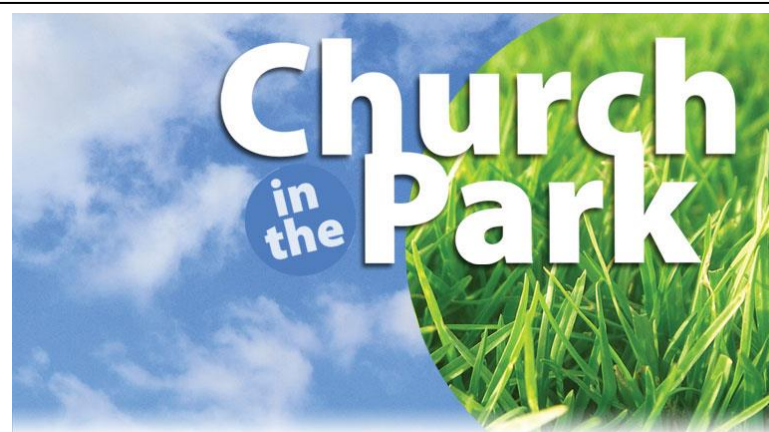
Preheat oven to 375 degrees. Soften cream cheese. With an electric mixer, beat cream cheese and sugar. Add in flour and baking powder and beat to combine. Then add in eggs, one at a time, lemon juice, and vanilla. Beat to combine.

Fill a muffin pan (mini size) with cupcake liners and place one vanilla wafer at the bottom of each liner. Fill each cup to about ¼ inch from the top. Bake for 15—18 minutes or until a toothpick comes out clean. They'll puff way up during baking, but they settle after being chilled.

When you take them out of the oven, place them on a cooling rack and let them cool completely. While they cool, they will sink down in the center, don't worry, that is normal, it makes a perfect little well to fill up with fruit filling. You can be creative and top with whatever you like. See above suggestions. Makes about 5 dozen mini cheesecakes. So popular during the Taste of Nitro, that they ask us to make more every year.

“Missed You” Post Cards

We now have four different postcards in the pews for your use. As you sit in the pews on Sunday mornings, you may notice that someone is missing. Take a minute to pick out a postcard, fill in the address and put a \$ 0.35 stamp on it and then drop it in the mailbox. Let missing people know that you are thinking about them. Thanks to Mary Ann Nease for the use of her artwork. Thanks to Sally Kinder for this great idea.



**COORDINATED BY
THE NITRO MISSION TEAM**

SUNDAY JULY 28 ---6:00 PM

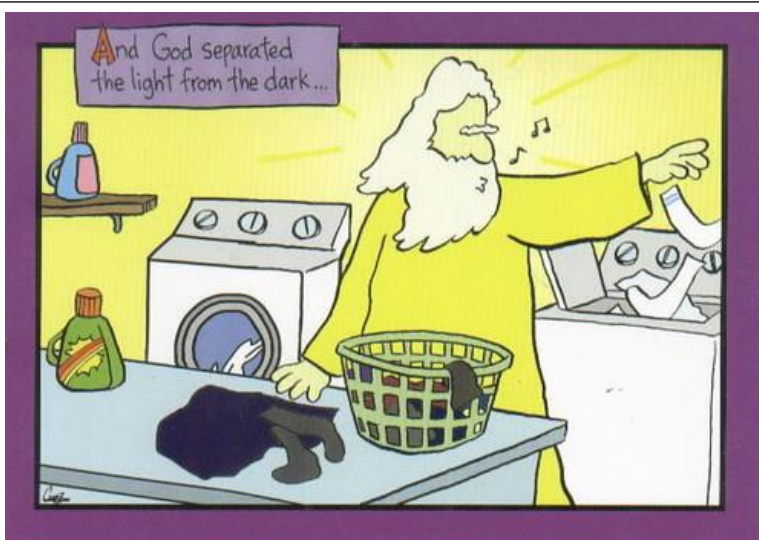
**LIVING MEMORIAL PARK
21ST ST. & 2ND AVENUE
Hosted by Nitro 1st Presbyterian**

REV. JIM WALTHER
featuring music under the direction of
CARMEN KOSTELANSKY

**COME OUT & ENJOY A
GREAT SERMON & GREAT MUSIC!**

INVITE YOUR FRIENDS AND ASSOCIATES

***in case of rain---event will be NOT be held**



SHEPHERD LISTS 2019

SALLY ATKINS – STEVE ATKINS

Francis Arthur/ Blaine Arthur
 Bradley & Kelley Atkins
 Peggy Dawson
 Betty Williams
 Clyde Mynes
 Tilly Mynes
 Garnett Galloway
 Paul Martin
 Alice Stahl
 Rylee Stoler
 Stan Summerfield
 Jean Summerfield
 Joyce Armentrout

SUZIE HUMPHREYS- GRAY COCHRAN

Megan Goff Akers
 Karen Cochran
 Austin Goff
 Barbara Goff
 Lauren Goff Brayack
 Randy Humphreys
 Judy Whipkey
 Kevin Whipkey
 Tanner Whipkey
 Tyler Whipkey
 Jack Van Dyke
 Bill Clark
 Connie Atkinson

BETH CRINER – SALLY KINDER

Dana Angell
 Jeff Barton
 David Condee
 Evan Condee
 Travis Criner
 Mary Ann Nease
 Sharon Paxton
 Anessa Pitzer
 Jon Pitzer
 Jean Pitzer
 Katie Roberts
 Jim Westlund
 Nancy Westlund

ED HAMILTON – DANE RYAN

Darlene Luck
 Jerry Luck
 Sandy Gray
 Rusty Cook
 Vikki Hamilton
 Pete Hamilton
 Betty Hamilton
 "Ham" Hamilton
 Betty Melton
 Penney Ryan
 Drema Scott
 Sabrina Snead
 Sharon Snead
 Ashlee & Chuck Martin

LARRY HARRIS – LYNNE KIBLER

Charles Brady
 Marsha Condee
 Clifton Farley
 Mary Farley
 Margie Harris
 Carmen Kostelansky
 Shelley Kostelansky
 Brandi Lopez
 Cliff Sutherland
 Judy Sutherland
 Ed Botkin
 Rachel Botkin
 Ruth Phalen



"Then I will give you shepherds after My own heart, who will feed you on
 knowledge and understanding." **Jeremiah 3:15**

DON'T FORGET TO:





Elote

(Mexican Grilled Corn)

*Editor's Favorite 😊

INGREDIENTS

Vegetable oil, for brushing
 1 teaspoon chile powder
 ½ teaspoon cayenne powder
 8 ears of corn, husked
 ¼ cup mayonnaise or unsalted butter
 ½ cup crumbled Parmesan
 1 lime, cut into 8 wedges

RECIPE PREPARATION

Build a medium-hot fire in a charcoal grill or heat a gas grill to high. Brush grill grate with oil. Combine chile powder and cayenne in a small bowl.

Grill corn, turning occasionally with tongs, until cooked through and lightly charred, about 10 minutes. Remove from grill and immediately brush each ear with 1½ tsp. mayonnaise.

Sprinkle each with 1 Tbsp. cheese and a pinch of chile powder mixture. Squeeze 1 lime wedge over each ear and serve.

<https://www.bonappetit.com/recipe/elote-mexican-grilled-corn>



Fresh Peach Trifle

Ingredients

6 large ripe peaches - peeled, pitted and sliced
 1 tablespoon fresh lemon juice
 2 (8 ounce) containers vanilla yogurt
 1 teaspoon lemon zest
 1 (10 inch) prepared angel food cake

Preparation

- Place peaches in a large bowl, and gently toss with lemon juice. Place 1 cup of peaches in a blender, set aside remaining slices, and blend until smooth. Place yogurt into a bowl; stir in the peach puree and lemon zest until well blended.
- Cut the angel food cake into squares and place half in the bottom of a glass dish. Spoon half of the peach slices over the cake. Cover with half of the yogurt mixture. Place remaining cake squares over the yogurt. Top with peaches, reserving 5 or 6 slices for garnish. Cover with remaining yogurt mixture. Garnish with peach slices. Refrigerate until ready to serve.

<https://www.allrecipes.com/recipe/143868/fresh-peach-trifle/>

Nitro First Presbyterian Newsletter

111 21st Street
Nitro, WV 25143

The Session

Class Of 2019

Ed Hamilton
Larry Harris
Lynne Kibler
Sally Kinder

Class of 2020

Sally Atkins
Gray Cochran
Suzie Humphreys
Dane Ryan

Class of 2021

Steve Adkins
Beth Criner
Sally Kinder

Trustees

Gray Cochran
Suzie Humphreys
Lynne Kibler

Staff

Minister- All Members
Secretary- Alice Stahl
Music Director-
Carmen Kostelansky
Accompanist- Frances Arthur

Office Hours:

Tues-Thurs 9am-12pm
Church Phone: 304-755-3242
Email:
nitrofirstpresby@yahoo.com
Website: nitrofirstpres.org
Services: 9:30am Sunday School
11am Sunday Morning Worship