



Nitro First Presbyterian Newsletter

Love

Jan/Feb 2019

Love Yourself, Accept Yourself, Forgive Yourself

By Jennifer Pastiloff

1. Love yourself.

Despite all the things that you think may be terribly wrong with you, love yourself. **Love yourself.**

Tattoo it on your brain.

I can think of so many reasons why you should love yourself, but here's just one: It is incredibly dull and uninspiring to be around people who do not love themselves.

I spent many years being anorexic and feeling like I was a monster. I'm sure I was not much fun to be around and I also know that I didn't book any of the acting jobs I was trying to land. It is very challenging to hire someone or love someone who fights you by holding up a mirror of hatred toward themselves.

Here's my challenge for you today: Take a picture of your face and remember that in 10 years time you will be amazed at how gorgeous you were. Be amazed now.

Identify something about you that you may not adore and find a way to at least laugh at it or like it, even a little bit.

I have profound hearing loss; in fact, I am almost deaf and wear hearing aids. I have ringing in my ears 24 hours a day, 7 days a week. Does it drive me mad most days? Yes. However, it is here to stay, and I have learned that I can make light of it or sit home and feel sorry for myself because I am missing out on what feels like everything.

Either way the choice is mine to make. I have also learned that because of my hearing loss, my other senses are highly attuned. I am more compassionate because of it. I am a healer.

I have turned something I don't necessarily "love" having into another piece in the puzzle of me, and part of why I love that puzzle.

Instead of thinking "I am an incomplete human being because I can't hear perfectly," I think "I am an incredible human being with a profound sense of touch and understanding and a huge capacity for love. I am also awesome at reading lips. So there."

What can you love about yourself today that you may have struggled with before?

2. Forgive yourself.

I lead a meditation in my workshops on forgiveness, and every time, without fail, people start crying. Almost everyone in the room will have at least shed a tear. This leads me to believe that we are all indeed connected, a union—which is what the word Yoga means.

The human experience is so similar, and yes, I know the details are vastly different, and that the devil lies in the details, but we still share the same weight on our shoulders. That weight would be diminished if we chose to forgive instead of harboring guilt or anger.

People cry most in my workshops when we do the meditation on forgiving yourself. Most likely it's because we are hardest on ourselves.

What can you forgive yourself for today?

I forgive myself for saying “I hate you” to my father right before he died when I was eight years old. I carried it around for many years and let it color my life a dark airless color. I forgive myself for not being perfect.

This shift occurred was when I was finally able to let go of my eating disorder. We often hold ourselves to impossible standards and end up feeling bad.

Ask yourself honestly, “What can I forgive myself for?”

Sometimes it takes simply saying it aloud or writing it down to realize that you actually no longer need to bear the brunt of it.

3. Be good to yourself. Do things that you inspire you daily.

Make a list. Grab your iPad or your notepad or even your hand and draw up a list of things you can do *today* to make you feel good. Keep adding to the list. Forgive yourself if you skip a couple and love yourself no matter how long or short the list is and how much you accomplish on it.

My list involves a lot of laughing. My “Feel Good” list also has: my yoga practice, teaching yoga classes, writing, a long leisurely dinner with friends, having a great glass of wine, staying up all night reading a book I cannot put down, being with kids who have special needs and teaching them yoga, poetry, *Modern Family*, skyping with my nephews, and the list goes on.

Do something every single day that makes you feel good, whether it is changing your thought patterns or taking a bath while reading a magazine in the tub.

Maybe it's getting an extra hour of sleep or staying up late and watching *Pretty Woman* for the 50th time. Pleasure and joy are highly underrated and beating ourselves, up highly overrated. Flip it! Cultivate the opposite.

One of my main rules as a yoga teacher is that if you fall, you must laugh and take down your neighbor, which cultivates a sense of humor, and hopefully a little joy. You need at least a little joy daily. Sprinkle it on your cereal, slip it in your downward facing dog, add it to your pinot noir. Accept that you are indeed the source of many wonderful things. If you need help remembering what they are from time to time, keep making your feel good lists. Keep coming back to the love that is inherently yours. It is your birthright. And so it is.

Whatever it takes. Just do it.

Be good to yourself. You will train other people to do the same.

And guess what? If they aren't good to you, you will still have your old standby who *is* always good to you: YOU. Pretty much what matters most at the end of the day. You being good to you. The rest will follow.

Remember the 90's En Vogue song, with the lyrics “Free your mind, the rest will follow”?

It will. So get up and dance.

What a wonderful friend!!!

I wrote this little talk many years ago for a Maundy Thursday service at St. Pauls UMC. I'd like to share it with you.

One of Jesus' disciples was named John. John and his brother, James were sons of Zebedee. They were moving their nets one day in their fishing boat when called into service as disciples of Jesus. Leaving their father in the boat with the men he employed, John and James followed Jesus, to spend the rest of their lives as "fishers of men".

John is known as the "beloved disciple". When called to follow Jesus, John was very young. He was a person of action; ambitious; a man with an explosive temper and an intolerant heart. His second name was the "son of thunder", which must have been fitting considering his disposition. He and his brother James came from a more well-to-do family than the rest of the disciples. Since his father had hired servants in his fishing business, he may have felt himself above the rest of the disciples. But John mellowed with age and his ambition and explosive temper gave way to one thing: the Lord's command to love.

There are several indications bearing out the claim that Jesus held John in special esteem. They were close personal friends. The strongest evidence of Jesus' love for John is found in the story of the Crucifixion. The gospel of John gives us the account of Jesus committing the care of His mother, Mary, into the hands of John, the only one of the twelve present at the Crucifixion. You can't hardly blame the disciples for running away and hiding. They had plenty to be afraid of in their world. But John stayed until the end, exhibiting a special relationship of friendship and love. And when he left that evening he took Mary, the mother of Jesus, with him.

All of us have close, personal friends with which we share our innermost thoughts and feelings. And regretfully, most of us have lost a close, personal friend by death. I think I know how John must have felt that day to stand by and watch while his friend was tortured, mocked, betrayed, humiliated—a great deal of suffering and pain. And to be so utterly powerless, without the ability to change a thing. And yet John stayed until it was over.

It wasn't so many years ago that I was in much the same predicament as John. Someone I loved and counted as the best friend I've ever had, lay in the hospital suffering day after day; ending in death.

As I spent every day and many, many nights at the hospital, I realized that all my energy, all my knowledge, all my love could not change a thing. So, I prayed, and I found comfort in my prayers. I remember on one of the better days, we were watching a televised Easter special. And of course, it showed the sad and ugly events of the last week of Jesus' life. My friend looked over at me and said, "Oh, the pain and agony Jesus suffered for me—who am I to complain?"

Perhaps down through the years the sadness and ugliness of Jesus' last week on the earth have been over emphasized. I don't want to dwell on the horrors of the Crucifixion. It is better for me to remember the Resurrection and the fact that the empty cross is the greatest proof in the world that God loves me.!

After my friend died, I tried to remember all the good times we shared. I wanted to dwell on our love for each other and forget the long struggle to the end. After Pentecost, John worked closely with Peter in preaching Christ's message. Paul in his letter to the Galatians states that the three outstanding Christian leaders in Jerusalem were Peter, James and John. John was able to put the ugliness of that last week behind him. He was able to turn his attention to Christ's commandment of love. He was able to turn his grief and despair into love and joy.

I would like to encourage each of you to turn your thoughts away from sadness; away from the horrors of the Crucifixion and remember the Resurrection and the promise of eternal life. Concentrate on the fact that Jesus went willingly to the cross, giving himself as a final act of love to show what extremes God will go to in order to save us and make us His. What a friend we have in Jesus!!!!!!

~Lynne Kibler

Birthdays

January

3	Jeremy Luck Jean Summerfield
4	Bill Clark Clifton Farley Pete Hamilton Ravi Parker
6	Jerry Luck David Condee
8	Mary Farley
12	Missy Ashley
18	Sheila Van Dyke
21	Jeff Barton
23	Jaci Dixon
29	Henry Marshal Criner
30	Ada Caroline Luck

February

7	Darren Harris
9	Ed Hamilton Brooks Kiefer Putnam
12	Allison Westlund
15	Nicholas Helmick
16	Anessa Pitzer Betty Melton
28	Nancy Westlund

Dear Friends,

Planning is well underway for the Joint Presbyterian USA Worship Service to be held Sunday, March 17, 11 a.m., at the Charleston Coliseum Little Theater! Please see the note below from Kari Preslar, Bream Memorial Presbyterian Church regarding the how you and others at your church can be involved:

We are so excited for our upcoming historic worship service celebrating 200 years of Presbyterianism in the Kanawha Valley. We hope that you are letting your folks know so everyone will join us on March 17 at 11:00 a.m. at the Charleston Coliseum Little Theater. We would like all of the 19 churches in the Valley represented and there are some ways that this can happen.

- We need people who would be interested in participating in the worship service as a reader.
- We need elders to serve communion at one of the stations (communion will be served by intinction).
- We need those who would be interested in greeting people and we need a work crew.
- Watch for more information coming on an all-church choir.
- And, we would like to have a chalice from each church for the service.

Please send names and contact information (email and phone) of church members interested in participating in any capacity to Kari Preslar at kari61@suddenlink.net.

Christian Education Committee Update

January 13, 2019

This newsletter article provides an update on the recent activities of your Christian Education Committee, and previews future activity. The Adult Sunday School Class is currently nearing completion of our study of the Psalms, which has been very enlightening. We are presently contemplating our next study direction, which may include a DVD-based series from either Max Lucado or Philip Yancey. Please come out and join us as we all learn together in the class.

Lynne Kibler has continued teaching the Children's Sunday School Class in Jean Summerfield's absence.

"The Children's Sunday School class is alive and well with seven children in attendance. We studied the meaning of Advent and the birth of Jesus through December. We then studied Jesus as a boy. We are currently studying, " The Miracles of Jesus". I am expecting some good questions from the older children about miracles. The class is also learning the books of the Old Testament. So far they know fifteen of them. They have enjoyed crafts, movies and games. We miss Jean Summerfield and hope that she will be back with us soon." Lynne Kibler

We welcome all kids, grandkids, neighborhood kids, etc., who may attend the class; and for you adults bringing the children, please come join our Adult class on Sundays!

That concludes this update on Christian Education, and I again ask you to please become more involved with our activities. We would love to have you become a part of our educational efforts and learn with us!

Kevin Whipkey
Chairman





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	_____

The **S.A.L.T. "Serve As the Lord Taught"** meal program directly connects our church to the less fortunate members of our community. Countless children, shut-ins, and seniors benefit from not only the hot meal, but also from the human contact that our program provides. Even if the exchange is only a smile and a “Thank you,” demonstrating that there are people in our community who care is just another way for our congregation to share the love of Christ with our neighbors.

If you would like to help support this program, stop by the kitchen on the **SECOND SUNDAY** of each month immediately after church. Even if you can only deliver one meal, that small amount of time out of your Sunday afternoon could make an enormous difference to a lonely senior or a hungry child in our community.

For more information, ask any of our Elders how you can help with this important mission.

~Jon Pitzer

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

“You are the Apple of My Eye”

By: Pastor Steve Craig

February 16, 2017

St. Johns Presbyterian Church Los Angeles, CA

“You are the apple of my eye.” It’s a familiar line...but did you know it comes from the pages of the Bible? The “apple” of the eye referred to the pupil of the eye probably because an apple was one of the most common sphere-shaped objects around. The apple or “pupil” of the eye, is the gateway through which visible light passes and is converted by the brain into three dimensional images. The original Hebrew phrase, often translated “apple,” really means “little man” or “little daughter” of my eye. Look into someone’s eyes right now. Can you see your reflection? When we stand very close to someone, we can actually see a tiny reflection of ourselves, in the center of the other person’s eye. When you are in the “apple” of my eye you are close to me, in more ways than one, because...

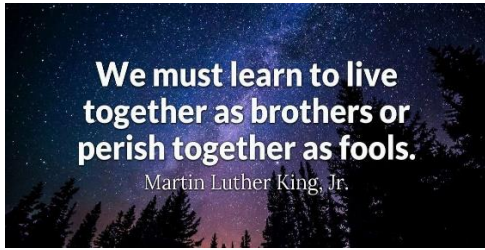
To be “the apple” of someone’s eye is to be cherished by that person above all others. At infancy, the optimal distance for eye to eye contact is about 10 inches – which just happens to be the distance between a baby and its nursing mother. This simple interaction encourages brain development, release of critical hormones, and reinforces a sense of emotional and spiritual well being. “You are the apple of my eye.” It’s a phrase that a mother could easily use to describe how she cherishes her nursing baby. But the root meaning of this phrase is found not in the expression of human love, but God’s.

In Deut. 32: 9-11 Moses describes how God sustained and cared for his people “as the apple of his eye.” Likewise, in Psalm 139:13-16 David rejoices: “It was You who formed my inward parts; You knit me together in my mother’s womb...Your eyes beheld my unformed substance.” Before any human eye beheld you, it was God’s privilege to be the first to see you, the very first to love you; and it is God’s promise to guard you “like the apple of his eye!”

Do you remember these lines? “You are the sunshine of my life, that’s why I’ll always be around. You are the apple of my eye; forever you’ll stay in my heart.” What makes Stevie Wonder’s song so beautiful to me is that he is blind. He has never seen the sunshine. He has never been able to look into the apple of someone’s eye. When he sang those words, he was singing about someone who enabled him to see with the eyes of his heart. He was singing about how love had brought a new beginning to his life and wiped away his tears. But now we know that this is a song rooted not in human love, but in God’s love.

Whether this Valentine’s Day brings thoughts of happiness or sadness, joy or loss, remember that you are the sunshine of God’s life and that you are the apple of his eye. He wants to open the eyes of your heart, to surround you like the warmth of a mother’s love. God wants you to feel cherished through the love of his people too; and -- God wants to be cherished by you. You are the apple of my eye, says the LORD, but I will not, I cannot, rest until I am the apple of yours.





ANNIVERSARIES

**February 12th
Ed & Vikki Hamilton**



**Handbells practice on
Wednesday's at 5:45 pm**

**Choir practices on
Wednesday's at 6:30.**

**Feel free to join either group at any
time!**

Love to have you !!!

~Carmen & the Choirs

The Presbytery of West Virginia's Nurture committee is thrilled to announce:

**Festival of Faith 2019
Keynote Presenter
BRIAN MCLAREN
April 6, 2019**

First Presbyterian Church,
Charleston, WV

Brian D. McLaren is an author, speaker, activist, public theologian, and leading figure in the emergent church movement. A former English professor and pastor, he is a passionate advocate for "a new kind of Christianity" – just, generous, and working with people of all faiths for the common good.

Registration information and full event details are available at www.wvpresbytery.org or 304-744-7634.

Early registration deadline is March 18.

SHEPHERD LISTS 2019

SALLY ATKINS – STEVE ATKINS

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

SUZIE HUMPHREYS- GRAY COCHRAN

Joyce Armentrout
Roland (Rusty) Cook
Ruth Gibson
Ed Hamilton
Vikki Hamilton
Rebecca (Pete) Hamilton
Betty Hamilton
"Ham" Hamilton
Betty Melton
Peggy Melton
Ruth Phalen
Drema Scott
Sabrina Snead
Sharon Snead

BETH CRINER – SALLY KINDER

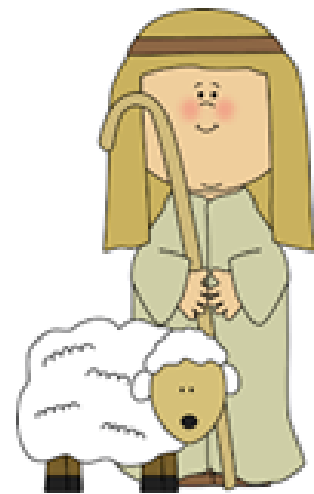
Dana Angell
Jeff Barton
David Condee
Evan Condee
Beth Criner
Travis Criner
Mary Ann Persinger Nease
Sharon Paxton
Anessa Pitzer
Jon Pitzer
Jean Pitzer
Katie Roberts
Jim Westlund
Nancy Westlund

ED HAMILTON – DANE RYAN

Darlene Luck
Jerry Luck
Sandy Gray
Rusty Cook
Vikki Hamilton
Pete Hamilton
Betty Hamilton
"Ham" Hamilton
Betty Melton
Ruth Phalen
Drema Scott
Sabrina Snead
Sharon Snead
Ashlee 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
Bill Clark



Jeremiah 3:15

"Then I will give you shepherds after My own heart, who will feed you on knowledge and understanding.



Crock Pot Chicken and Stuffing

- 4 chicken breasts
- 4 slices of Provolone cheese
- 1 cup chicken broth
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- ¼ cup milk
- 1 box of Stove Top Stuffing

Place chicken breasts in Crock pot

Place 1 slice of cheese on each chicken breast

Pour 1 cup of broth over chicken

Mix both cans of soup with 1/4 cup of milk and pour over chicken.

Sprinkle box of stuffing mix over soup

Cook on low for 6—8 hours or on high for 4 hours.

Submitted by: Suzie Humphreys

Artichoke Hearts Gratin

- 6 canned artichoke hearts, drained and halved
 - 1 tsp vegetable oil
 - Salt and freshly ground black pepper to taste
 - 2 Tbsp dry bread crumbs
 - ¼ cup finely grated Parmigiano-Reggiano cheese
 - 1 Tbsp olive oil
 - ½ lemon, cut into wedges
- Place artichoke heart halves on a paper towel cut-side down to drain for about 15 minutes.
 - Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Line a baking sheet with aluminum foil and lightly coat with vegetable oil.
 - Place artichoke heart halves on the prepared baking sheet, cut side up. Season with salt and pepper, sprinkle with breadcrumbs and Parmigiano-Reggiano cheese, and drizzle with olive oil.
 - Broil artichoke hearts until browned on top, about 7 minutes. Serve with lemon wedges.



Nitro First Presbyterian Newsletter

111 21st Street
Nitro, WV 25143

The Session

Class of 2018

Steve Adkins
Beth Criner
Jon Pitzer
Jim Westlund

Class Of 2019

Ed Hamilton
Larry Harris
Lynne Kibler
Sally Kinder

Class of 2020

Sally Atkins
Gray Cochran
Suzie Humphreys
Dane Ryan

Trustees

Jon Pitzer, Chairperson
Larry Harris
Darlene Luck

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