

The Beacon

Sunrise Presbyterian Church

February 2023 Newsletter



**JOIN THE SOUPER BOWL
OF CARING SO NO ONE
GOES WITHOUT SOUP IN
THEIR BOWL**



**BE A
GAMECHANGER!**



**TACKLE
HUNGER**

**Souper Bowl of Caring is February 12th.
See page 3 for details.**

Lent Begins . . . Wednesday, February 22nd

Throughout my ministry, I have promoted the special nature of Lent as a time of sacred preparation for the celebration of Easter morning. It is a time of personal reflection and community fellowship. Ash Wednesday is the beginning of Lent, and it is a service that is both deeply personal and profoundly communal. In the receiving of ashes we humble ourselves before God, and we join together in supporting each other in a journey of renewal.

As part of the annual, personal journey towards Jerusalem and Holy Week, many people choose to prepare themselves by *giving up something* for Lent. Over the years, I've tracked the top contenders. Chocolate seems to be a perennial list topper for things to give up during Lent. To chocolate can be added other favorite foods or drinks. Coffee, alcohol, or soda tends to be near the top of the list. More recently, social media has been added. People will choose to limit or eliminate Facebook, Twitter, or other social media sites.

The purpose of giving up something for Lent is two-fold: either shedding an old habit or denying ourselves a favorite food or activity, so that we are creating a reminder each time we would normally partake of it. This daily reminder can then be used to lead us to something else. The idea is to replace the normal, daily activity with a spiritually enhancing practice. For example, each time your trigger causes you to stop and think what might happen for you if you then said a short prayer?

We have used this verse from Psalm 46 a number of times as a prayer. It is easy to recall, and it reorients our lives.

Be still, and know that I am God.

Be still, and know that I am.

Be still, and know.

Be still . . .

Shedding an old habit for Lent can lead us to embrace better habits. In denial, we are giving up a *bad* habit and, perhaps, choosing to replace it with a *good* one. While Lent has been traditionally seen as a season of denial, it can also be a time for picking up good habits.

This year consider adopting a new, good habit. During Lent, be intentional about practicing it. Instead of setting such a high, challenging bar that you spend much of your time anticipating the end of Lent, pick a small step that you can easily manage. If your goal is eating healthier, pick a fruit or vegetable you like and add it to your daily diet. If it's exercising more, park your car on the far side of the parking lot and walk to your destination. A bonus is that there are usually more parking spaces there!

I invite you to mark your calendar and plan to attend the Ash Wednesday Service. It is a profoundly beautiful service with deep roots in how to fully live our faith.

In God's grace,



Ash Wednesday Service ~ February 22nd, 6:30 p.m.

Souper Bowl of Caring is Sunday, February 12th

Single 10 AM Worship Service followed by a Congregational Luncheon in the Fellowship Hall.

Oyster roast, chili and hot dogs will be provided. The congregation is invited to bring side dishes and desserts. Please sign up if you plan to attend on the signup sheet in the Fellowship Hall or online at: [https:// www.signupgenius.com/go/30E0A4AA5A62BA0FC1-souper](https://www.signupgenius.com/go/30E0A4AA5A62BA0FC1-souper)

For over 30 years, the Souper Bowl of Caring movement has been inspiring people across the nation to tackle hunger in their local communities.

We coordinate efforts to tackle hunger through our digital platform of fundraising services created to support food charities large and small. Mobilizing grassroots resources including churches, schools, civic groups and caring individuals, this movement has created over \$170 million worth of support that stays completely local.

Over the last three years alone, thousands of groups collected over \$25 million in dollars and food donations for hunger-relief charities across the country. Over that period, our organization took **\$1 specifically donated to our mission** and created over \$18 for local food charities.

The Cougar Food Pantry is a student led organization that was created to combat food insecurity while helping to unify the College of Charleston campus through collaboration and student involvement. Acknowledging the fact that food insecurity is a spectrum, the Cougar Food Pantry is accessible to all students on the College of Charleston campus. We hope that spreading knowledge about this issue and increasing student engagement will help to minimize the associated stigma and encourage positive change on our campus. The pantry requests non-perishable donations and loves stocking up on toiletries and other random unused, unopened, individually packaged items. If you'd like to make a monetary donation we encourage you to donate directly at [https:// give.cofc.edu/donate](https://give.cofc.edu/donate). You may bring donations to church on the 12th or drop them in the bin outside the Fellowship Hall doors anytime. Thank you for planning to give generously on Sunday, February 12th.





Sweet picture from the
10 am Family Service



Valentine's Day Breakfast

hosted by the Men's Breakfast Group

Tuesday, February 14
9 AM

Please sign up on the signup sheet in
the Fellowship Hall or online at

[https://www.signupgenius.com/go/
30E0A4AA5A62BA0FC1-valentines](https://www.signupgenius.com/go/30E0A4AA5A62BA0FC1-valentines)

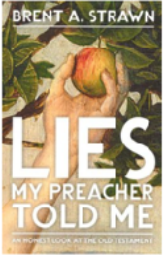
Prayer

Recent Prayer Concerns (Names are listed for a month): Cyndi Stein, Bill Dawson, Shirley Joyner, Richard Dorn Jr., Betty Crestnut Hughes.

Continuing Prayer Concerns (Names are listed for 3 months): Robert Brown, Caroline Bunch (niece of Betty Milner), Alice Petzold, Mary Nell Boyt, Scott Hood (friend of Cal McRae), Dean Schmelter, Harper Uyttenhove (niece of Pam & Tim Kane), Bill Schupp, John Nelson, Kimberly (daughter of Marty & Don Belk), Tracy Lambros (friend of Mary Ann and Jack Heidenreich), Gerry Hiers (Jimmy Hiers' mother), Lou Mintz, Leesa Phipps, Patrick McDougal, John Myatt, Frank Godfrey, Peggy Wolford, Nancy Butler, Lou Bovie.

If you'd like to add someone to either prayer list, please let the church know at sunrisepresbyterian3222@gmail.com or 843.883.3888. 1) indicate if the person should be placed on the **Recent** OR **Continuing** prayer list and 2) the **individual's mailing address** so that they may receive postcards with expressions of care and concern from the congregation.

February at Sunrise



Beginning in February, the adult Sunday School will begin a new study called *Lies My Preacher Told Me*. Brent Strawn addresses ten common "lies" or mistruths about the Old Testament, from perceptions of God's personality (the "angry Old Testament God") to the relevance of the Old Testament for Christians. Discover why stories and laws written thousands of years ago, centuries before Christ, are enriching and indispensable for modern Christians. Books will be available for purchase at the first class.

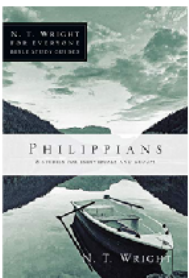
Growing FAITH

Our next *Growing Faith* meeting will be February 12th at 10 am in the upstairs classroom (this is a special time due to Souper Bowl Sunday and a single 10 am worship service). Plan to bring your Growing Faith kids upstairs at 10am on the 12th and parents can attend the single service in the sanctuary. For those with younger children, the nursery will be available. Please feel free to share this message with anyone you know who might be interested in joining. I look forward to taking faith to the next level with your children! ~ Reece

The Miriam-Naomi Circle

The Miriam-Naomi Circle will meet in the Library February 14th at 10am as we continue our study of the Gospel of Mark using *Mark's Story of Jesus* by Werner H. Kelber as our study guide. We welcome new participants in the Circle. After we meet, those of us who are able to do so usually regroup for lunch at a nearby restaurant. If you have any questions or if you would like to be added to our mailing list, please call Patsy Hindman (843) 906-8653.

Cents-Ability is collected the 2nd Sunday of each month. Thanks to you, donations have been made to TriCounty Family Ministries, East Cooper Meals on Wheels, and East Cooper Community Outreach. Please continue to give at least two cents per person per meal in the bowl in the Narthex. This simple act is an expression of thanksgiving for what we have received.



Women's Evening Bible Study

The Women's Evening Bible Study will meet February 21st at 5:30 pm using the new Bible study book *PHILIPPIANS* by N. T. Wright. Last month we started the study off with a refresher of the New Testament and where Philippians fits in to it. We'll continue to meet at the church and via Zoom. -Reece



February

BIRTHDAYS

2 Caroline Champagne

4 Barbara Powell

6 Maddie Russell

6 Annie Hakimi

9 Kylie Ruddock

10 Andy Rhyne

10 Ernest Thomas

10 Zinnia Tully

11 Russ Penley

11 Maggie White

13 Gary Hawkins

15 John Eppelsheimer

16 Sharon Floyd

20 Bill Schupp

20 Manning Rosen

22 Jane Hooper

23 Libby Kilpatrick

23 Van Nettles

24 Leo Hurst

25 Logan Nelson

25 Pam Rayburn

26 Becca Hodges

26 Dennis Frazier

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29</p> <p>9am - Devotional Service - Sanctuary 9:30am - Fellowship (Fellowship Hall) 10am - Choir Practice 10am - Family Service/Adult Sunday 11am - Worship Service 4:30pm - Boy Scouts - Fellowship Hall 5:30pm - Youth Group - Fellowship Hall</p>	<p>30</p> <p>1:30pm - Music Lessons (Upstairs) 5:30pm - Agape Do Karate 6:45pm - Seaside Singer Rehearsals</p>	<p>31</p> <p>7:30am - Men's Breakfast 4:15pm - Deakins Lessons - Fellowship</p>	<p>1</p> <p>FIRST DAY OF BLACK HISTORY MONTH 10am - AA Meeting</p>	<p>2</p> <p>5:30pm - Agape Do Karate 6pm - Choir Practice 7pm - LTC</p>	<p>3</p> <p>12:30pm - Bridge - Fellowship Hall</p>	<p>4</p>
<p>5</p> <p>COMMUNION 9am - Devotional Service - Sanctuary 9:30am - Fellowship (Fellowship Hall) 10am - Choir Practice 10am - Family Service/Adult Sunday 11am - Worship Service 3pm - Girl Scouts - Fellowship Hall 4:30pm - Boy Scouts - Fellowship Hall 5:30pm - Youth Group - Fellowship Hall</p>	<p>6</p> <p>1:30pm - Music Lessons (Upstairs) 5:30pm - Agape Do Karate 6:45pm - Seaside Singer Rehearsals</p>	<p>7</p> <p>7:30am - Men's Breakfast 4:15pm - Deakins Lessons - Fellowship</p>	<p>8</p> <p>10am - AA Meeting</p>	<p>9</p> <p>5:30pm - Agape Do Karate 6pm - Choir Practice</p>	<p>10</p> <p>12:30pm - Bridge - Fellowship Hall</p>	<p>11</p>
<p>12</p> <p>CENS-ABILITY SCOUT SUNDAY 9:30am - Choir Practice 10am - Growing Faith - Family Chapel 10am - Single Service 11am - Congregational Luncheon</p>	<p>13</p> <p>1:30pm - Music Lessons (Upstairs) 5:30pm - Agape Do Karate 6:45pm - Seaside Singer Rehearsals</p>	<p>14</p> <p>Valentine's Day 9am - Valentine's Breakfast 10am - Miriam-Naomi Circle (Library) 4:15pm - Deakins Lessons - Fellowship</p>	<p>15</p> <p>10am - AA Meeting 6pm - Pack Meeting - Fellowship Hall</p>	<p>16</p> <p>5:30pm - Agape Do Karate 6pm - Choir Practice</p>	<p>17</p> <p>12:30pm - Bridge - Fellowship Hall</p>	<p>18</p>
<p>19</p> <p>9am - Devotional Service - Sanctuary 9:30am - Fellowship (Fellowship Hall) 10am - Choir Practice 10am - Family Service/Adult Sunday 11am - Worship Service 4:30pm - Boy Scouts - Fellowship Hall 5:30pm - Youth Group - Fellowship Hall</p>	<p>20</p> <p>PRESIDENTS DAY 1:30pm - Music Lessons (Upstairs) 6:45pm - Seaside Singer Rehearsals</p>	<p>21</p> <p>7:30am - Men's Breakfast 4:15pm - Deakins Lessons - Fellowship 5:30pm - Women's Evening Bible Study</p>	<p>22</p> <p>10am - AA Meeting 6:30pm - Ash Wednesday Service</p>	<p>23</p> <p>5:30pm - Agape Do Karate 6pm - Choir Practice</p>	<p>24</p> <p>12:30pm - Bridge - Fellowship Hall</p>	<p>25</p>
<p>26</p> <p>9am - Devotional Service - Sanctuary 9:30am - Fellowship (Fellowship Hall) 10am - Choir Practice 10am - Family Service/Adult Sunday 11am - Worship Service 4:30pm - Boy Scouts - Fellowship Hall 5:30pm - Youth Group - Fellowship Hall</p>	<p>27</p> <p>1:30pm - Music Lessons (Upstairs) 5:30pm - Agape Do Karate 6:45pm - Seaside Singer Rehearsals</p>	<p>28</p> <p>7:30am - Men's Breakfast 4:15pm - Deakins Lessons - Fellowship</p>	<p>1</p> <p>FIRST DAY OF WOMEN'S HISTORY MONTH 10am - AA Meeting</p>	<p>2</p> <p>5:30pm - Agape Do Karate 6pm - Choir Practice</p>	<p>3</p> <p>12:30pm - Bridge - Fellowship Hall</p>	<p>4</p> <p>4pm - Parking Lot Usage</p>

Church Office Hours:
8:00 a.m. - 12:00 p.m.
Monday through Friday

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