



The Providence Press

*'Come Worship With Us
as We Grow in Wisdom and
Grace'*

Volume 23: Issue 07 ~ Powdersville, South Carolina 29611

July, 2017

"And who knows whether you have not come to the kingdom for such a time as this?" (Esther 4:14)

Dear Friends,

Over the last several Sundays, we have explored what it means to be disciples of Christ through our reading of the Gospel of Matthew. We've taken a good hard look at the disciples who surrounded Jesus, those twelve apostles whom he sent out to preach and heal and share news about the kingdom. We've studied the preparation that those twelve men received and realized that their mission work would help them to grow in their own faith and understanding as much as it would help others to know Christ.

And we've taken a look at our own walk of discipleship. Like those twelve, we are simple people trying to lead simple lives. And some of us may feel ill-equipped to talk about our faith with others. But if Jesus could use those twelve – fishermen and zealot, tax collector and betrayer – then he surely can use us.

Just this morning, I read the verse above from Esther. Esther was a Jewish woman living during the Babylonian exile. She probably was not the brightest person. She certainly was not wealthy. In fact, the best thing she had going for herself was her looks. But that brought her into the circle of King Xerxes, and that would be enough for her to save her people from destruction.

"Who knows whether you have not come to the kingdom for such a time as this?" her uncle asked her as he pleaded for her to take the risk, to step out in faith to save their people. And I wonder, who among us might God even now be calling out, claiming as the person who has come to this place for such a time as this?

God uses people in ways that are hard for us to imagine. The good news is, when God calls us, God also will equip us.

To what work is God calling *you* in this time?

In Christ,
Terri



Building & Grounds

Happy 4th of July everyone!!! We will have a work day on July 22nd. We will be pressure washing and just a little weeding at highway, weather permitting. Thanks, Randy Parker

Christian Education

Come **one**, come **all**, come **BIG**, come **small!** **Vacation Bible School** is on the way and this year there is something for **everyone!** Adults will be led in a study of the book of James. Our middle and high school students will join our college summer intern, Anna Lackey, for an exciting class each evening. And our preschool through elementary age children will have an opportunity to learn all about music with Tim Gossett!

The fun will start at 6 PM with a church provided dinner. The classes will begin around 6:30 and end by 8 PM. VBS will meet three Wednesdays throughout the summer: June 7th, June 21 and July 12th. All you need to do is complete the sign-up sheet and drop it in the offering plate, to assist us with a head count for dinner. See you there!

Making a Difference in Missions

Missions hopes everyone has had and will have a safe, happy and fun summer so far and do enjoy the remainder of it. Please do remember in prayer those less fortunate in many ways both near (many in our own church) and far as well. Our world is so unsettled, prayers are needed in abundance.

As much as we all dislike the thoughts of summer soon coming to a close, school days are around the corner. As school is about to resume, as always, we will be having our Annual Backpack/School Supplies Drive. There are many, more than we realize, children out there that are less fortunate and need help. No child deserves to feel left out or inadequate so show your support. The full month of July we will be collecting backpacks and school supplies. At the end of July the Mission Team

will be filling these backpacks with those supplies collected and delivering them to Wren, Powdersville and Concrete Elementary Schools the beginning of August. These will be distributed to children in K-4 through the 5th grade. Below is a copy to use as an example of materials needed, this one is for a 3rd grade class. There are already sales starting for school supplies so take advantage while you can and help so those children won't feel left out.

As always, don't forget that July and August we will be collecting Dried Foods (rice, beans, and pasta) to be taken to PERC. There is ALWAYS a need and ALWAYS very appreciative. Remember all hygiene products that are always needed and accepted. During traveling times all those small hygiene products put out in case you forget yours at home - those are ideal!

Thank you in advance!
Blessings, The Mission Team

Third Grade Supply List

- 4 composition notebooks
- 1 pair of scissors
- 18 Elmer's glue sticks
- 2 Crayola crayons 24-count
- 2 dozen #2 Ticonderoga pencils
- 1 12-pack Crayola Twistables colored pencils
- 1 spiral notebook
- 1 pack wide-ruled notebook paper
- 1 pair of quality earbuds for iPad

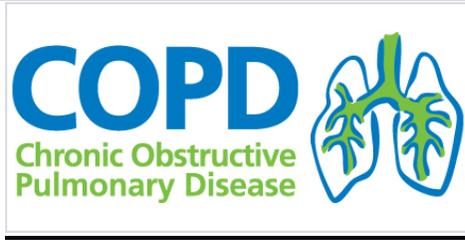
Wish List Items:

- Boys bring: 1 Clorox wipes, 1 box of tissues
- Girls bring: 1 hand sanitizer, 1 box sandwich Ziplocs

** We also request each student purchase a school t-shirt at the*



Parish Nurse – What is COPD?



COPD is a serious lung disease that, over time, makes it hard to breathe. You may also have heard COPD called other names, like emphysema or chronic bronchitis. In persons who have COPD, the airways--tubes that carry air in and out of your lungs-- are partially blocked, which makes it hard to get air in and out. When COPD is severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks, such as doing light housework, taking a walk, even bathing and getting dressed.

Did You Know?

- COPD is the 3rd leading cause of death in the United States and causes serious long-term disability.
- COPD kills more than 135,000 Americans each year.

How Does COPD Affect Breathing?

The “airways” are the tubes that carry air in and out of the lungs through the nose and mouth. Healthy airways and air sacs in the lungs are elastic--they try to bounce back to their original shape after being stretched or filled with air, just the way a new rubber band or balloon does. This elastic quality helps retain the normal structure of the lung and helps to move the air quickly in and out.

In people with COPD, the air sacs no longer bounce back to their original shape. The airways can also become swollen or thicker than normal, and mucus production might increase. The floppy airways are blocked, or obstructed, making it even harder to get air out of the lungs.

Symptoms

- Constant coughing, sometimes called “smokers cough”
- Shortness of breath while doing activities you used to be able to do
- Excess sputum production
- Feeling like you can’t breathe
- Not being able to take a deep breath
- Wheezing

COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor or health care provider as soon as possible, no matter how mild they may seem.

Getting Tested

Everyone at risk for COPD who has cough, sputum production, or shortness of breath should be tested for the disease. The test for COPD is called spirometry

Spirometry can detect COPD before symptoms become severe. It is a simple, non-invasive breathing test that measures the amount of air a person can blow out of the lungs (volume) and how fast he or she can blow it out (flow). Based on this test, your doctor or health care provider can tell if you have COPD, and if so, how severe it is. The spirometry reading can help them to determine the best course of treatment.

The test is done with a spirometer, a machine that measures how well your lungs function, records the results, and displays them on a graph. You will be asked to take a deep breath, then blow out as hard and fast as you can using a mouthpiece connected to the machine with tubing. The spirometer then measures the amount exhaled. Your doctor or health care provider will read the results to assess how well your lungs are working and whether or not you have COPD.

Stay well, Julia Palmer

Serving the Church in July

Liturgists

July 02 Brad Rochester
July 09 Anna Lackey
July 16 Jeff Price
July 23 Anna Lackey
July 30 Jessica Traynham

Acolytes

July 02 Communion Sunday
July 09 Sara Everette
July 16 Lillie Goodman
July 23 Braden Rochester
July 30 Mary Lorraine Metcalf

Flowers

July 02
July 09
July 16
July 23
July 30

Greeters

July 02 Jeff Price & Lowry Wilson
July 09 Peggy & Gary Morris
July 16 Becky Kay & Dennis Olenwine
July 23 Brad & Angie Rochester
July 30 Jeff Price & Suzanne Goodman

Ushers

Dennis Olenwise, Scott Hogan, Terry Clark, Joey Ford

Nursery

July 02 Wanda Witmer
July 09 Cyndi Everette & Hanna Clark
July 16 Angie Rochester
July 23 Amy Metcalf
July 30 Cyndi Everette

Children's Church

July 02 Alora Holloway
July 09 Shane Metcalf
July 16 Melissa Clark
July 23 Brad Rochester
July 30 Scott Hogan

Time with Children

July 02 Jennifer McCalla
July 09 Becky Kay
July 16 Jennifer McCalla
July 23 Becky Kay
July 30 Becky Kay

young
at heart

Twenty nine Young at Heart enjoyed dinner at Saluda River Grill in June. Lots of fellowship and good food. Please mark your calendar for July 25. The location to be announced!

July





Blessings on this 4th of July!

*May we never forget what God
has ordained us as a country!*

Serving You at Providence

Presbyterian Church

Stated Supply Pastor, Rev. Terri Price
Jane Broderick, Clerk of Session
Director of Music, Tim Gossett
Church Secretary, Mary Rivera
Financial Secretary, Donna Robertson
Sexton, Sherrie Tootill
Treasurer, Lewis Clapp
Preschool Director, Sheree Beal

Church Office Hours: 9:00 AM – 5:00 PM
Monday, Wednesday and Friday
Telephone Number: 864.605.1011
Terri's E-mail: minister@providence-church.com
Terri's Cell Number is 864-616-9992
Mary's E-Mail: office@providence-church.com
Donna's E-Mail: donna@providence-church.com
Sheree's E-Mail: preschool@providence-church.com
Website: www.providence-church.com

Session Members:

Class of 2017 – Jill Champion, Stephen Cromer, Erick Nicholson, Randy Parker
Class of 2018 – Larry Brock, Cyndi Everette, Peggy Ragsdale, Linda Threatt
Class of 2019 – Jane Broderick, Shane Metcalf, Jennifer McCalla, Lowry Wilson

*"The waters are rising, but so am I. I am not going under, but over."
~Catherine Booth, co-founder of the Salvation Army~*

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Address Correction Requested

www.providence-church.com