



The Providence Press

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

Volume 23: Issue 12 ~ Powdersville, South Carolina 29611

December, 2017

Do you remember your wonder at Christmas as a little child?

My mother loved to decorate for Christmas. Once the tree was in place and covered with lights and ornaments, it was dark only at night when we slept. I remember as a little girl getting up in the near-dark of early morning and creeping into the living room. I would sit in the brown chair that had given up its spot to the tree, and I would lose myself in the multicolored lights, brilliantly reflected in the silver tinsel.

Those quiet moments of anticipation spoke to me of the heart of Christmas. But as adults, we often forget to carve out those moments of peace and contemplation. We get caught up in the frenzy of the season – of shopping and cooking and decorating and visiting – and we forget *why* we do all those things. What would this Christmas look like if we were to slow down? How would this Christmas be different if we allowed our childlike wonder at the lights, the carols, and the story to take the place of our lists and chores and obligations?

David Redding's poem encourages us to remember that Christmas is not only for children. Take his words to heart this season as you hear the story again – as though for the first time. And may the light of that star shine deeply into your soul this Christmas.

"Adult Advent Announcement"

*O Lord,
Let Advent begin again
In us,
Not merely in commercials;
For that first Christmas was not
Simply for children,
But for the
Wise and the strong.
It was
Crowded around that cradle,
With kings kneeling.
Speak to us
Who seek an adult seat this year.
Help us to realize,
As we fill stockings,
Christmas is mainly
For the old folks —
Bent backs
And tired eyes*

*Need relief and light
A little more.
No wonder
It was grown-ups
Who were the first
To notice
Such a star.*

In Christ,
Terri





Building & Grounds

Wishing everyone a Merry Christmas and a Happy New Year.

God's grace, Randy Parker

Christian Education

Sunday School is a great time to get to know your Providence family! See you **Sunday mornings at 9:45!**

Blessings, Cyndi Everette

Evangelism/Nurture

We mourn over the recent loss of another church member. Sandra W. Donald died November 5, 2017. She lived in Easley, SC. Our sympathy and prayers go out to her loved ones. Please pray for our sick and those having surgery.

With God's grace and peace we care,

Lowry Wilson

Making a Difference in Missions

The Missions Team hopes everyone had a great Thanksgiving enjoying family, friends, plenty of food, and remembering to count all of our Blessings.

Operation Christmas Child - November has been a busy month and we appreciate everyone's efforts and donations. There were eight Shoeboxes turned in and delivered to be shipped for the Good Samaritan's Operation Christmas Child.

Thornwell - Our annual Thornwell Offering for the Children's Home in Clinton, SC was \$106.06. Yes, .06! A sweet child added to the Offering.

PERC - Again, for our Peanut Butter/Jelly Challenge, Clemson won the "2017 Bragging Rights" by having the most peanut butter collected. All this will be delivered to PERC.

Clothing Drive - Our Warm Outerwear Clothing Drive has come to an end and we have a car load of gently used coats (and misc.) that will be delivered to Family Promise in Easley. If anyone hasn't had the chance to clean out their closets and

still wish to donate any gently used, clean, winter weather wear just let one of us on Missions know and we'll take it off your hands.

Toy Drive - Please don't forget about our annual Toy Drive that is now in progress. Bring new, unwrapped toys and place them in the box in the hallway. These will be delivered to The Dream Center in Easley. The last day to bring these in will be Sunday, **December 10, 2017.**

Thank you and Blessings, The Mission Team (Sherrie, Stefanie, Shaun, Peggy, and Linda)

Parish Nurse – Bladder Health Month

Maintaining a Healthy Bladder

There are a number of things that you can do to try and maintain a healthy bladder. These include:

- **Keeping a healthy fluid intake** - Try to drink at least 1.5 – 2 liters (6-8 glasses) of fluid each day. When you are not drinking enough, the bladder gets used to holding smaller amounts of urine and can become sensitive.
- **Avoiding constipation and follow a healthy diet** - When the bowel does not empty properly it will swell up and push down onto the bladder. You can help avoid constipation by following a healthy diet.

- **Practicing pelvic floor exercise**

What Can Irritate the Bladder?

- Drinks that contain caffeine
 - Fizzy drinks, especially those "Lite" or "Diet" types with artificial sweeteners like Aspartame or Saccharine
 - Alcohol drinks - especially "shorts"- can irritate the bladder
 - The acid in some fruit juices can make problems worse for some people
 - Some medication
 - Being overweight can also make your bladder problems worse. Extra weight may put pressure on the pelvis
-

- C floor muscles which can become weak and may result in stress urinary incontinence.

How Can You Avoid Infections?

- Drinking 1 or 2 glasses (8-16 oz) of cranberry juice every day may help people who often get urine infections. People who are diabetic or taking warfarin should check with their doctor or continence advisor before drinking cranberry juice.
- Keeping your urine on the slightly acid side is another good way of discouraging infections. Taking Vitamin C (ascorbic), in divided doses (totally no more than 1000mg per day), works well.
- Drinking barley water will also help to calm an irritated bladder but please check with your doctor or healthcare professional
- Keep your catheter free of encrustations if you wear a permanent indwelling one
- Do not cut down on the amount that you drink: this makes your urine even more concentrated and is likely to make your bladder problems even worse.

Pick up the Wellness Words in the Narthex and office entrance to learn how the normal urinary system works.

Stay well, Julia Palmer

Presbyterian Women

The Morning Group of Presbyterian Women will meet at Foothills on Tuesday, December 5, 2017 at 11:00 am in the private dining room. All are invited to have lunch. The Sunday Circle will meet on December 10th at 9:30 am.

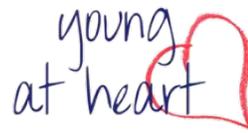
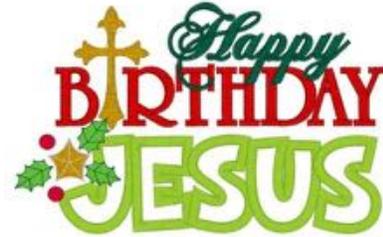
If you have questions about this group please call Julia Palmer at (864) 630-5030.

Providence Preschool

Happy Birthday Jesus! It's a fun-filled month at the preschool celebrating Jesus' birth. Our annual Christmas musical will be **Thursday, Dec. 7th**. The students have been practicing hard! I can't think of a better way to kick off the Christmas season than by worshipping together through song. We'll continue the month with Santa pictures and Polar Express activities. Those are always fun days at Providence! Before the students leave for Christmas break, we'll celebrate together with

Happy Birthday Jesus parties. We wish you all a Merry Christmas and a Happy New Year. May your holiday be filled with beautiful memories made with the ones you love most!

~ Sheree Beal, Director



Everyone is invited to join the Young at Heart on the 4th Tuesday night of each month no matter what age. It is a good time for the young and old to get to know each other better. Just let Julia Palmer (864)630-5030 know so we can give a sitting number to the restaurant.

YAH wishes everyone at Providence a very Merry Christmas and a Happy New Year. We hope to see everyone at the holiday festivities.



Providence Care offers a monthly grief support group led by Chaplain Andre Kroneman.

If you or someone you know needs this service, please feel free to attend. It is open to everyone!

Date: First Tuesday of every month (Dec. 5th)

Location: Ellenburg Hall

Time: 2:00pm – 5:00 pm

Cost: FREE

<http://providencescanhelp.com/>

Serving the Church in December

Liturgists

Dec. 03	Debbie Clapp
Dec. 10	Stephen Cromer
Dec. 17	Cantata
Dec. 24	Suzanne Goodman
Dec. 31	Jeff Price

Acolytes

Dec. 03	Communion
Dec. 10	Sara Everette
Dec. 17	Lillie Goodman
Dec. 24	Braden Rochester
Dec. 31	Mary L. Metcalf

Flowers

Dec. 03	
Dec. 10	
Dec. 17	Peggy Ragsdale
Dec. 24	Leah Bagwell
Dec. 31	

Greeters

Dec. 03	Lowry Wilson & Jennifer McCalla
Dec. 10	Stephanie & Shawn Botha
Dec. 17	Jan Tanner
Dec. 24	Joey & Vicki Ford
Dec. 31	Jan Tanner, Paul Gillespie

Ushers

December	Terry Clark, Joey Ford, Sam Ricker, Donnie Robertson
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Nursery

Dec. 03	Wanda Witmer
Dec. 10	Becky Warner, Erika Clark
Dec. 17	Angie Rochester
Dec. 24	Amy Metcalf
Dec. 31	Cyndi Everette

Children's Church

Dec. 03	Scott Hogan
Dec. 10	Brad Rochester
Dec. 17	Alora Holloway
Dec. 24	Suzette Garland
Dec. 31	Melissa Clark

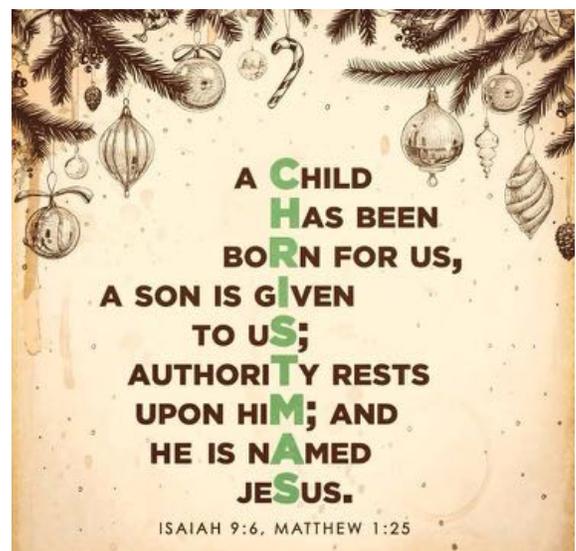
Time with Children

Dec. 03	Tim Gossett
Dec. 10	Jennifer McCalla
Dec. 17	Becky Kay
Dec. 24	Terri Price
Dec. 31	Debbie Spence



On **Saturday, January 13, 2018**, Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Providence Presbyterian Church. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call [1-888-653-6441](tel:1-888-653-6441) or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979**



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, Tuesday, Wednesday and Thursday
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

*"Good news from heaven the angels bring, Glad tidings to the earth they sing; To us this day a child is given,
To crown us with the joy of heaven."*

~Martin Luther~

Merry Christmas

The Providence Press

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Address Correction Requested

www.providence-church.com