



The Messenger

September 2022

FALL SCHEDULE AT PBC

Worship: 11am in our Sanctuary

Communion— Every 1st Sunday

Blessing of the Hands—9/4

Pink Sunday (Honoring and Remembering Those with Cancer) —10/16

All Saints' Day—11/6

Love Feast —12/18 in Fellowship Hall

Music: Choir Practice—Thursdays @ 7:30pm

Sundays @ 10:30am

Spiritual Formation:

Searchers Sunday School: 9:45am, McNeely Rm

The Forum: Contact Harry Hammitt

Wednesday Bible Study: 10:30am every Wed.

Zoom Link:

<https://us02web.zoom.us/j/81854433417>

Meeting ID: 818 5443 3417

Meditation for Monkey Brain (5 classes):

2 Sections: Thursdays (except 10/4) - begins 9/22

In Fellowship Hall @ 11am

Sundays—begins 10/2

In Fellowship Hall @ 4:30pm

Bible 101 —Online:

Initial Meeting—9/11 @ 5pm

Zoom Link:

<https://us02web.zoom.us/j/84088305042>

Meeting ID: 840 8830 5042

Classes from Outside Vendors:

Yoga W/ Carolyn Kardan—Tuesdays @ 2:30pm

Fellowship Hall—\$10/Class

Paper Making w/ Red Cesafsky—9/21 @ 6:30pm

Fellowship Hall —\$20

Mission Projects:

Food for Thought Bags—1st Sunday after worship

Rivermont Pantry

Events:

Anniversary 9/25—Worship and Lunch

Congregational Discussion

Bingo Party—10/23 6:30-8pm—Fellowship Hall

Crafts Fair (also a Mission Project): 11/13 1-4pm

Repeat Events:

Brown Bag Lunch - 1st Thursdays

Movie Nights—TBD

Game Nights—TBD

Children/Youth

Rock Climbing—9/11—2-4pm

Crafting for Craft Fair— 10/16—12/4pm

Overnight to DC—High School and Young Adult only
11/4-6



Brown Bag Lunch: Once/month on the first Thursday BYOL—drinks, chips and cookies provided. Excellent conversation, including instruction on words we didn't know



we were missing, antiques, trips to Iceland and Scotland, good books, good movies, good TV shows and whether gluten free Oreos taste as good as the regular kind (they do!).

Movie Nights: So far, we've watched "Encanto" and "Coda," both of which were excellent. Proposed movies for the fall include:

- "Cotton Patch Gospel Musical"
- "The Bishop's Wife"
- "Selma"

And perhaps a rousing discussion of which is the most quotable movie of all time (front runners are "When Harry Met Sally" and "Mean Girls")

Game Nights: Want some? We have ping-pong, darts, pool, foosball, board games galore and cards. Easily scheduled—just let us know!

Brown Bag Lunch at PBC!

- Thursday, September 1, 12pm
- Drinks/Chips/Cookies provided
- Fellowship Hall
- Everyone is welcome!
- No sign-up necessary—just come!



VOLUNTEERS NEEDED **SEPTEMBER 7**

This is our re-scheduled chance to help serve the weekly meal at Parkview Missions

What: Dinner for Parkview Missions

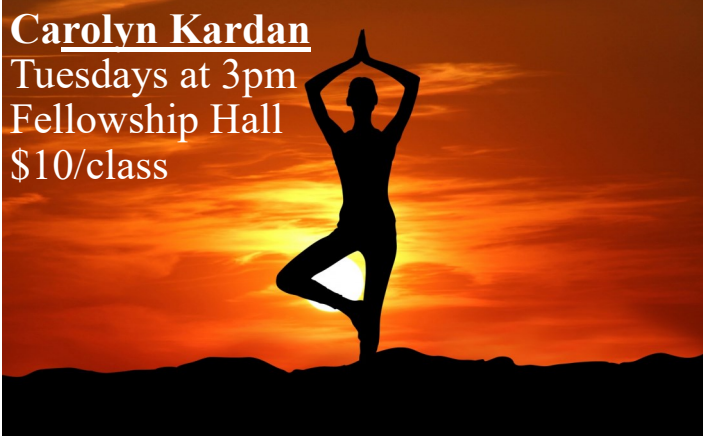
Volunteer Opportunities:

- Bake cookies/brownies and bring by church before September 7th
- Help deliver dinner to Parkview Missions September 7th
- Help serve dinner at Parkview Missions September 7th



SAVE THE DATE!

SEPTEMBER 25-CHURCH ANNIVERSARY

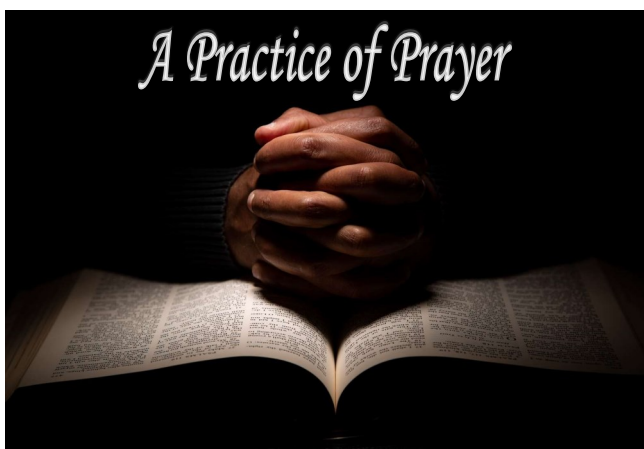


September Events

- 1—Brown Bag Lunch –12pm—
- 4—Congregational Meeting Re: Oil Tank Removal/ Replacement Funds
- 4—Blessing of the Hands/ Food for Thought Bags
- 8—Choir Practice Begins
- 11—Initial Zoom Meeting—Bible 101—5pm
- 11—Rock Climbing—Children & Youth 2– 4
- 22—Meditation for Monkey Brain –11am
- 25 —Anniversary Service and Lunch
Congregational Discussion

Office Schedule—August

Martha—M-Th—9-5pm—day off: Friday
 marthakearse@peaklandbc.org
 Leslie—M-T and Th/F —9am-2pm—day off: Wed.
 pbcoffice@peaklandbc.org
 Susan—available by email any time:
 pbcfinance@peaklandbc.org



This fall, our Spiritual Formation theme will be “A Practice of Prayer.” During this season, we will explore the following questions about prayer:

- To whom do we believe we are praying? What are the traits of the one to whom we pray?
- What do we expect to happen as a result of our prayer? How do we believe that prayer works?
- What effect does prayer have on us? On our relationship to God? On our relationship to the people around us?
- What does communal prayer entail? What do we expect to happen when we pray together?
- What happens if we cultivate a practice of prayer? What does that look like and how could it affect our lives?

During this time, we will pray together for our church, not out of desperation or fear, but with love and care for our future. We will ask God, together, about the questions with which we have been struggling?

- What are the most important elements of our identity?
- What work do we have to do together in the world?
- Who do we want to be in the world?
- What do we want to be for each other?

You are invited to join in by finding your own prayer practices and by praying for each other and for our church.

Peakland Baptist Church
 4102 Peakland Place
 Lynchburg, VA 24503
 434-384-2031
 www.peaklandbaptistchurch.org
 Rev. Dr. Martha Dixon Kearse, Pastor

- 1 Sam Johnson
- 3 Laura Arrington
- 5 Linda Williams
- 7 Max Brochon
- 8 John Riordan
- 11 Sylvia List
- 11 Bill Thomasson
- 15 Pat Fleming
- 16 Dan Raessler
- 16 Susan Spencer
- 18 Susan Clapp
- 18 Jeff Riley
- 21 Linda Webb
- 22 Devon Clapp
- 22 Dwayne Lewis
- 23 Nathan Brooks
- 24 Livvy Flippin
- 25 Ed Burnette
- 27 Jim Faulconer
- 28 Pat Shahrokhi
- 29 Isaac Hart
- 30 Lynda Russell



Meditation for Monkey Brain



Do you have a busy brain? Not someone prone to sitting quietly on a pillow in the dark to meditate? Then this class is for you! Using movement, doodling, rhythm, art, even a bit of breakage, we’ll explore ways to quiet thoughts and prepare our brains to reap the benefits of meditation.

Meditation can calm the flight, fight or fawn response and stop the cycle of anxious worry that can disturb our peacefulness and keep us from enjoying our lives. Meditation is good for mind body and spirit, but is often presented as only possible through stillness. These techniques will be designed to make stillness possible and to open us to recognizing the pathways to meditation that work best for us. Join us! We will have two sections:

- Thursdays (and one Tuesday) @ 11am
9/22, 10/4, 13, 20, 27 and 11/3
- Sundays @ 4:30pm
10/2, 9, 16, 23, 30

Invite your friends and meet us in the Fellowship Hall dressed for fun!