



Sept. 3, 2024



You can be a part of the Time & Talent Fundraiser

The Time & Talent fundraiser is a way everyone can be involved in helping others. It gives us a way to sell, create, buy, cook, instruct or donate in order to benefit those in need. You don't have to have a crazy special talent, though I'm learning many of us do. You can just participate by buying/donating!

I am so thankful for the creativity and commitment by the wonderful people at South Frankfort Presbyterian Church. From selling homemade hot Texas pickles to offering a special Wine Tasting event and a little of everything in-between. The Time & Talent Fundraiser is sure to accomplish two things. First, it will raise funds that SFPC PW (Presbyterian Women) will donate to charitable causes both locally and internationally. And, it will bring us together in fellowship for a great cause.

You may be doing something on your own to raise money. That's great! Bring your proceeds and donations on Sunday, Sept. 8 or drop them by the church office next week during office hours. Many of us are participating in the **Time & Talent Marketplace this Saturday from 10 a.m. to 2 p.m. in the Fellowship Hall**. There will be something for everyone — yummy baked goods, fabulous music, an amazing lunch, arts and crafts made by our own members, a basket of farm goodies from our own Jacob McGowan's Earthrun Farm, gently used household items and toys.

As well, there are some amazing services being offered like the wine tasting event, golf lessons, tennis lessons, and professional organization services. Here's a list of the services of which I'm aware:

Carole Hackett: Wine tasting for 6 (one offered) 502-382-5593

Terry Lester: Golf lessons (church office) 502-227-7175

Rob Moore: Tennis lessons (indiv or group) 502-229-4273

Amy Tolliver: Professional Organization (4 hrs/\$200)
502-385-1875

Emily & Roland: Concert on Demand at Marketplace
(play for donation)

Janice, Debbie, Jim: Delicious lunch at Marketplace, \$7

On Saturday, stop by and see the talents being offered. Everyone will have a smile on their face because we are doing things our church members do well — eating, enjoying each other and especially helping others!

A note to those participating in the Marketplace. We will be at Fellowship Hall on Friday from 3-5 p.m. if you'd like to bring your items to set up (labeled with a price or "for a donation"). Or, you can come anytime after 8:15 a.m. on Saturday. Tables will be set up. There will be one central cashier station except for lunch. That will be a separate pay station. Hope to see everyone there. If you have questions, please contact **Susan Moore at 502-226-0906 or susanlemonmoore@gmail.com**.

Heard, Hugged or Helped

by John Odom, General Presbyter

The concept of "Heard, Hugged, or Helped" originated from a New York Times article written by Jancee Dunn titled "[When Someone You Love Is Upset, Ask This One Question](#)". In the article, Dunn suggests that asking a simple question like "Do you want to be heard, hugged, or helped?" can be a powerful tool for improving communication and connection in relationships.

Asking this simple question gives the other person in a relationship a sense of control and respects their individual needs and preferences. "Heard, Hugged, or Helped" acknowledges that different people cope with challenges and emotions in unique ways, and that what might be comforting for one person may not be the same for another. By offering a choice between being heard, hugged, or helped—or if you prefer venting, supporting, solving—you can better meet the needs of the person and build stronger, more empathetic connections.

This is the relational equivalent of our theological assertion that the love of Christ comes to everyone equally, and yet, Christ's love is tailor-made for each individual's unique situation. The Gospels attest that when Jesus is asked repeatedly "what must I do to be saved/healed/have eternal life/follow you," Jesus' answers come tailor-made for the particular circumstance. To some Jesus says, "take up your mat and walk." To others Jesus replies, "go and sin no more," and for still others Jesus commands, "sell all your possessions." When divine love meets particular need, there is the space for individual grace.

As we, Mid-Kentucky Presbyterians, go about our daily walks sharing the love of God in particular circumstances, let us remember to ask—with Jesus and Jancee Dunn—this one question: "Do you want to be heard, hugged or helped?" And may this one question be the key to unlocking stronger and more empathetic relationships that fulfill the goal of loving both God and neighbor.



The Gift of Work

Missionary and author Elisabeth Elliot considered work a gift and a blessing. Ponder the following quotes of hers as you celebrate Labor Day. How do they mesh with your own views of work?

"This job has been given to me to do. Therefore, it is a gift. Therefore, it is a privilege. Therefore, it is an offering I may make to God. Therefore, it is to be done gladly, if it is done for him. Here, not somewhere else, I may learn God's way. In this job, not in some other, God looks for faithfulness."

"Work is a blessing. God has so arranged the world that work is necessary, and he gives us hands and strength to do it. The enjoyment of leisure would be nothing if we had only leisure. It is the joy of work well done that enables us to enjoy rest, just as it is the experiences of hunger and thirst that make food and drink such pleasures."

ChurchArtPro September, 2024

Meetings and Activities

September 3 Circles 2 & 3 begin.

12:00 ... Circle 3, Home of Carolyn Underwood, not at the church
 5:30 ... Circle 2, Home of Jackie Hensley

Wednesday, September 4

7:00 ... Choir Rehearsal

September 7

10:00 ... *Time and Talent Fundraiser, The Marketplace, SFPC*
 10:30 ... *Church Women United Program, Frankfort First Pres.*
 10:30 ... *Pres. Women 21st Annual Prayer Service, Pewee Valley Pres.*

Sunday, September 8

10:00 ... Counterpoints & Faith in Action Adult SS classes
 10:00 ... Children's and High School SS classes
 11:00 ... In person and Facebook & YouTube Worship Service Rev. Terry Lester
 12:00 ... Outreach Meeting, Fowler Room
 6:00 ... Youth Group

Monday, September 9 All newsletter articles & items *due by noon*. Thanks.

2:00 ... Bridge
 4:30 ... Knitting

Tuesday, September 10

12:00 ... ROSM Board Meeting, SFPC Fellowship Hall

Wednesday, September 11

7:00 ... Choir Rehearsal

Sunday, September 15

10:00 ... Counterpoints & Faith in Action Adult SS classes
 10:00 ... Children's and High School SS classes
 11:00 ... In person and Facebook & YouTube Worship Service Rev. Terry Lester
 12:00 ... Session Meeting
 6:00 ... Youth Group

Tuesday, September 17

12:00 ... The Lunch Bunch, Chili's Grill, 345 Leonardwood Rd. Frankfort
 Please RSVP to Judy Turner, 502 695 1586, by noon on Sept. 16.

Upcoming Events

September 22 *Coming Home to SFPC Church Service and Lunch*

Presbyterian Women's 21st Annual Prayer Service Commemorating 9/11

September 7, 10:30 Fellowship, 11:00 Service
 Pewee Valley Presbyterian Church, 119 Central Ave.
 Pewee Valley, KY
 Special Guest Speaker: Dr. Veda Pendleton. Donations to benefit Briargate Pres. Church's "Welcome Table". All are welcome to attend.



Hello!

We could use prepackaged snacks and juice boxes for your kiddos during Children's Church! If you wish to buy some; bring them to the church office during office hours or with your child on a Sunday morning.

We also want to encourage the congregation to volunteer for Children's Church. If anyone is interested, please sign up at the link below. We have a fun time and all you need to do is join along.

Children's Church: SFPC Children's Church volunteer (signupgenius.com)

Thank you,
Lindsey Kimbleton



Church Women United invites all ladies to attend a community-wide FORUM on Juvenile Justice on **Sept. 7**. The program will be held at First Presbyterian Church, 416 West Main Street, Frankfort.

**Fellowship & refreshments - 10AM
 Program - 10:30AM - 12PM.**



Please suggest people for the following ministry positions.

Elders: _____
 Deacons: _____
 Nominating Committee: _____
 Trustees: _____

You may email the office or use another sheet of paper and mail your suggestions to the office.



Worship Sunday

Attendance: **Sept. 1, 2024**
 SFPC in person Worship: **58**
Join us Sundays- 11:00 a.m., also online service.
 During our livestreaming time, you can go to

YouTube: <https://www.youtube.com/watch?v=4C5lbfKanCM> or to
Facebook: <https://www.facebook.com/sfpcchurch/videos/2374137839449590>

The next week, you may go to www.sfpc.org, the church's website and choose "Videos."

If not in the service please consider

donating one of two ways:
 1. Mail a check to: South Frankfort Presbyterian Church 224 Steele Street, Frankfort, KY 40601.
 2. Click the **green "Give Now"** button on our website at sfpc.org. You can start and manage your account, and even set up repeating donations.
Sept. 1, 2024 Offering: \$1,323.20

Prayer List

- | | |
|-------------------------------|-------------------------|
| Sondra Massie | Glenda Harned |
| Haylee Mucci | Shirley Blackwell |
| Gerry Jones | Tammy Stanley |
| Lilly Ann Brooks | Mattie Baker Scott |
| Helen Taulbee | Dottie Herzel |
| Mary Griffey | Jim Jackson |
| Brooke Christopher | Emily Barclay |
| Mark Tucker | Larry Register |
| Jason Shaw | David Halbert |
| Ann Shirley Brooks | Jane Wilson |
| People with Covid | Larry Ruffra |
| Family of Dan Halbert | Family of Marae Mallard |
| Family of Glenn Carter | |

.....
 : Glenn Carter went to his heavenly home on :
 : August 28, 2024. Please continue to keep his :
 : family in your prayers. :
 :
 :

- | | |
|-----------------------------------|--------------------------------------|
| Sept. 1 Casey Philpot | Sept. 14 Celeste Donnelly |
| Sept. 2 Neil Greenwell | Sept. 15 Andrea Breeck |
| Sept. 2 Nancy Overstreet | Sept. 15 Roland Herzel |
| Sept. 5 Corey Rogers | Sept. 16 Brooks Sweger |
| Sept. 5 Stewart Stoltz | Sept. 18 Jimmie Lou Young |
| Sept. 5 Sallye Hill Stumbo | Sept. 19 Lisa Stone |
| Sept. 8 Julian Delambre | Sept. 19 Patsy Vander Meer |
| Sept. 10 Beth Curlin | Sept. 21 Penelope Baute |
| Sept. 10 Matt Ross | Sept. 21 Charlotte Saunderson |
| Sept. 11 Leland Fern | Sept. 24 Herbert Meyer |
| Sept. 11 Toni Lewis | Sept. 26 Merritt Shaw |
| Sept. 11 Kim Penn | Sept. 27 David Kimbleton |
| Sept. 11 Gary Stolz | Sept. 28 Cyndy Susan |
| Sept. 13 Carol Banks | Sept. 29 Presley Winner |

Happy

Birthday!