

## How Can I Help?

We have all witnessed the devastation suffered by people hit by Hurricane Helene. Lives have been lost and turned upside down, and homes have been destroyed or damaged. Each of us want to support those whose lives were impacted by Helene, but wonder how one person's help can really make a positive difference. Fortunately, South Frankfort Presbyterian Church (SFPC) and Presbyterian Disaster Assistance (PDA) provide excellent ways to help those in need.

PDA, the emergency and refugee program of the Presbyterian Church U.S.A., enables congregations to spread the healing love of Christ by caring for communities adversely affected by crisis and catastrophic events. PDA is already on the ground responding to the crisis resulting from Helene. PDA states that financial assistance is always the fastest and most effective way to support recovery efforts. To financially support PDA's response to Helene, please go to "<u>https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000169</u>/" and make a donation. All donations, large or small, are greatly appreciated.

Donations to support the response to the damage inflicted by Helene can also be made through SFPC. You can make a donation to the recovery efforts by indicating that your donation is for "Hurricane Helene Relief". These donations, which can be made by check or on-line, will be forwarded to the appropriate agency.

PDA has also called for "Gift of Heart" emergency cleanup buckets. For instruction on contents and how to send these emergency cleanup buckets, visit: <u>pcusa.org/gohkits</u>.

Of course, donations can also be made through the Red Cross. The Red Cross states, "Nearly 500 disaster workers are on the ground helping, with hundreds more on their way. The Red Cross has also deployed numerous emergency response vehicles to help where needed." Its disaster responders will travel throughout affected communities, assessing the damage and distributing meals and relief supplies.

As stated by Helen Keller, "**I am only one, but still I am one**. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

Rob Moore, Clerk of Session



### **Total Immersion**

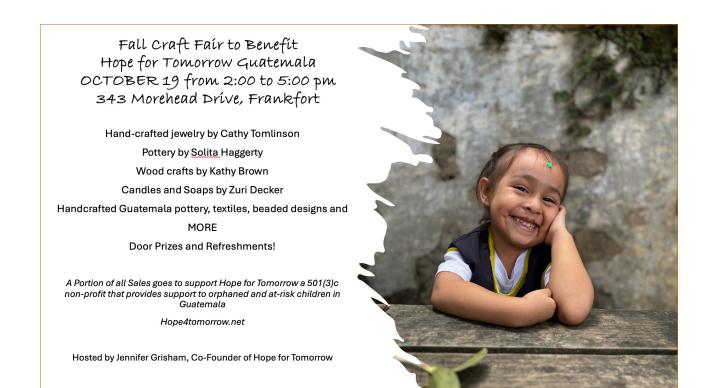
In college, I took an American Sign Language class from a Deaf instructor who couldn't speak. On the first day, another staff member explained that we'd be experiencing total immersion. She left, and the classroom remained silently engaged for the rest of the semester.

Creatively, the instructor began by writing "same" and "different" on the whiteboard and demonstrating those signs. Then he took us through several examples where we were to use the signs to identify what was the same or different. That's how he taught ASL, graciously guiding us without audible voices. We embraced a brand-new approach to communicating.

The church can do that too. We can use "all that is within" us to praise God's holy name (Psalm 103:1). We can get creative and harness everything — all our senses — to worship.

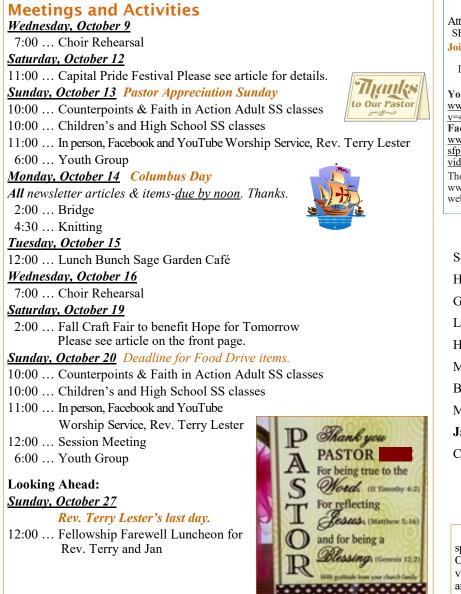
This might mean removing distractions, learning a new style of music, using visual arts or engaging with a different culture — all while offering praise. Instead of feeling bound by what's familiar and comfortable, try to be immersed and all-in while worshiping the Lord!

–Janna Firestone



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### **Disaster Relief for Hurricane Helene Victims**

It is heartbreaking to see the levels of devastation inflicted over the weekend by Hurricane Helene. For many of us, the sites where these storms took their toll are beloved to us, including Montreat Conference Center. Presbyterian Disaster Assistance is often one of the first organizations on site during these kinds of emergencies

Below are several ways that you can offer support and care in these times. To support the work of Presbyterian Disaster Assistance's Hurricane Relief: <u>https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000169/</u>

To support recovery efforts at Montreat Conference Center: <u>bit.ly/MRA-</u> <u>Hurricane-Relief</u>



We should also be in prayer for those now in Florida and other states who may have damage from hurricane Milton. Lord, please protect all who are in its path.

#### The Deadline of Oct 20 Is Near!

The Food Pantry is holding a food drive on **October 27.** Please place your donated canned goods and dry goods in the Food Pantry box in the **Fellowship Hall by Oct. 20.** In the first eight months of 2024 you helped distribute 91,938 meals through our regular grocery orders. Grocery vouchers were given to 358 families with young children. 732 Immediate Response Food Bags were distributed through the Health Department, Mission Clinic, schools and other partners. That is about 7,320 meals.

These are the most needed items at the Food Pantry: canned chicken, meat or tuna, peanut butter, soup boxed instant oatmeal canned fruit, spaghetti sauce/spaghetti canned beans, canned vegetables rice (1 lb. bags or Minute rice) Please check expiration dates. Please no restaurant size cans. By law no homemade food or home canned food can be accepted. No open containers. Your donated items make a difference!!

Your donated items make a difference!! Thank you, *The Food Pantry* 



<u>Worship Sunday</u>	
Attendance: Oct. 6, 2024	
SFPC in person Worship: 50	d
Join us Sundays- 11:00 a.m.,	1
also online service.	
During our live streaming	
time, you can go to	
YouTube: <u>https://</u>	
www.youtube.com/watch?	
<u>=4C5lbfKanCM</u> or to	
Facebook: <u>https://</u>	
www.facebook.com/	
fpcchurch	
videos/2374137839449590	
The next week, you may go to	
www.sfpcky.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 sfpcky.org. You can start and manage your account, and even set up

repeating donations. Oct 6, 2024 Offering: \$2,320.00

# Prayer List

Sondra Massie Haylee Mucci Gerry Jones Lilly Ann Brooks Helen Taulbee Mary Griffey Brooke Christopher Mark Tucker Jason Shaw Chris Mason Glenda Harned Shirley Blackwell Tammy Stanley Mattie Baker Scott Dottie Herzel Jim Jackson Ann Shirley Brooks Larry Register Jane Wilson

South Frankfort Presbyterian Church is now a bronze sponsor of the upcoming Capital Pride Festival on October 12th. SFPC will have a table set up at the festival. We <u>are asking for volunteers</u> willing to sit at the table and pass out goodies and information about SFPC to festival attendees.

There will be a sign-up sheet at the front door of the sanctuary. More information concerning the Capital Pride Festival can be found at <u>https://</u>www.capitalprideky.org.



Oct. 1 Drew Angst
Oct. 1 Beth Powers
Oct. 3 Lee Dempsey
Oct. 3 Laura Ross
Oct. 4 Ellen Tharpe
Oct. 5 Don Thurber
Oct. 12 Doris Thurber
Oct. 12 Amy Tolliver
Oct. 13 Brian Moore
Oct. 14 Melissa Jensen
Oct. 14 Haylee Mucci
Oct. 17 Michael Fern
Oct. 17 Tim Pennington
Oct. 22 Steve Pace
Oct. 25 Doug Crickmer
Oct. 25 Lauren Maenza
Oct. 26 Kris Jarboe
Oct. 26 Ernie Lewis
Oct. 27 Charles Hunt
Oct. 27 Jo Ellen Seay
Oct. 30 Tina Hawkins
Happy Birthday