



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 "<https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000169>" 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: pcusa.org/gohkits.

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



GOD LOVES ME

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

Fall Craft Fair to Benefit
Hope for Tomorrow Guatemala
OCTOBER 19 from 2:00 to 5:00 pm
343 Morehead Drive, Frankfort

Hand-crafted jewelry by Cathy Tomlinson
Pottery by [Solita Haggerty](#)
Wood crafts by Kathy Brown
Candles and Soaps by Zuri Decker
Handcrafted Guatemala pottery, textiles, beaded designs and
MORE
Door Prizes and Refreshments!

A Portion of all Sales goes to support Hope for Tomorrow a 501(c)3 non-profit that provides support to orphaned and at-risk children in Guatemala

[Hope4tomorrow.net](https://www.hope4tomorrow.net)

Hosted by Jennifer Grisham, Co-Founder of Hope for Tomorrow





Meetings and Activities

Wednesday, October 9

7:00 ... Choir Rehearsal

Saturday, October 12

11:00 ... Capital Pride Festival Please see article for details.

Sunday, October 13 Pastor Appreciation Sunday

10:00 ... Counterpoints & Faith in Action Adult SS classes

10:00 ... Children's and High School SS classes

11:00 ... In person, Facebook and YouTube Worship Service, Rev. Terry Lester

6:00 ... Youth Group

Monday, October 14 Columbus Day

All newsletter articles & items due by noon. Thanks.

2:00 ... Bridge

4:30 ... Knitting

Tuesday, October 15

12:00 ... Lunch Bunch Sage Garden Café

Wednesday, October 16

7:00 ... Choir Rehearsal

Saturday, October 19

2:00 ... Fall Craft Fair to benefit Hope for Tomorrow
 Please see article on the front page.

Sunday, October 20 Deadline for Food Drive items.

10:00 ... Counterpoints & Faith in Action Adult SS classes

10:00 ... Children's and High School SS classes

11:00 ... In person, Facebook and YouTube
 Worship Service, Rev. Terry Lester

12:00 ... Session Meeting

6:00 ... Youth Group

Looking Ahead:

Sunday, October 27

Rev. Terry Lester's last day.

12:00 ... Fellowship Farewell Luncheon for
 Rev. Terry and Jan



Worship Sunday

Attendance: **Oct. 6, 2024**

SFPC in person Worship: **50**

Join us Sundays- 11:00 a.m.,

also online service.

During our live streaming

time, you can go to

YouTube: <https://www.youtube.com/watch?v=4C5lbfKanCM> or to

Facebook: <https://www.facebook.com/sfpcchurch>

www.facebook.com/sfpcchurch

[videos/2374137839449590](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.

Oct 6, 2024 Offering: \$2,320.00

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 | Ann Shirley Brooks |
| Mark Tucker | Larry Register |
| Jason Shaw | Jane Wilson |
| Chris Mason | |

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 are asking for volunteers 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 <https://www.capitalprideky.org>.



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: <https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000169/>

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



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!!
 Thank you,
The Food Pantry



- 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**