



KEEPING IN TOUCH

Presbyterian Women of the Peaks



February 2021 Edition



FEBRUARY IS HEART MONTH

HOW TO OBSERVE AMERICAN HEART MONTH

1. Take up a heart-healthy habit.

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

2. Educate yourself.

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

3. Get your cholesterol tested.

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

Wear Red and Give to Support the Heart Association

nationaltoday.com/american-heart-month

National Wear Red Day® is Friday, February 5, 2021

PLEASE RESPOND: The Peaks PW Coordinating Team will give **5 Red Dress pins** to the first five people who respond to this newsletter article. Please send your response to Diane Patty at dpatty@vt.edu. Winners will be notified on February 21. Our team supports you and your good health habits.

We appreciate each of you and all the support that you give to Presbyterian Women. May God bless you and your family.

Stay Safe,

Carol Cole

Historian

ANNUAL REPORTS DUE

The Annual Fall Packet that included PW forms to report activity in 2020 and your leaders for 2021 was emailed/mailed in October 2020. The forms were sent to your PW Moderator or contact person in your congregation. If you need copies of the forms, please contact Shelda Wills at swills@usit.net. It is not too late to submit the forms.

If your PW group has not been meeting and you feel there is not much to report, this is understandable; however, we would like to have the **“PW Group/Circle Report”** from you with as much information as you feel is applicable. We would like to acknowledge your PW members who passed away in 2020 and the date of their deaths at our virtual Peaks PW Annual Gathering in April (see below for additional information about the Gathering). Please email this information as soon as possible to Carol Cole, slick314.carol@gmail.com, or mail to Carol at 2231 Woodcliff Rd., SE, Roanoke, VA 24014.

WE WANT TO HEAR FROM YOU

How are your women’s groups staying in touch? Are your women working on a mission project or a service project? Send your comments to Diane Patty at dpatty@vt.edu, and we will include some of your ideas in the newsletters to encourage other groups.

SEND YOUR FAVORITE RECIPES FOR THE COOKBOOK

It is not too late to submit recipes for the cookbook we are assembling. Please send your favorite recipe(s) to Theresa Underwood, P.O. Box 733, Buchanan, VA 24066, or e-mail tundwood@aol.com. Include your name, phone number, and the name of your church, in case we have questions about the recipe.

SAVE THE DATE!

The Peaks PW Annual Gathering will be held virtually on Saturday, April 24, 2021. We are pleased to announce that Ruling Elder Elona Street-Stewart, Co-Moderator of the General Assembly of the Presbyterian Church (U.S.A.), will be our guest speaker. The Rev. Dr. Carl Utley, General Presbyter of the Presbytery of the Peaks, will install the Peaks PW Coordinating Team members.

Additional information about the PW Annual Gathering will be included in the next newsletter. Instructions for a virtual meeting will be included.

Elona Street-Stewart is a descendant of the Delaware Nanticoke Tribe and is the first Native American to serve as a Moderator of the PC(USA), as well as the first to serve as a synod executive in the Presbyterian Church (U.S.A.). A ruling elder and a longtime staff member of the Synod of Lakes and Prairies, she has served in the synod since 1994. Before taking the position, she had been the synod’s Associate for Racial Ethnic Ministries and Community Empowerment. We are excited that she will be our speaker for our April 24, 2021, Annual Gathering. Looking forward to seeing you!





The Rev. Dr. Carl Utley will install our Peaks PW Coordinating Team. He has been in the Peaks for approximately seven years, starting with his interim pastorate at Raleigh Court Presbyterian Church from January 2014 until August 2015. He then served as interim at Covenant Presbyterian Church in Roanoke from January 2016 until April 2017. He served as Transitional General Presbyter beginning in May 2017 until his recent appointment to the permanent position of General Presbyter. We thank Dr. Utley for his involvement with and support of Presbyterian Women.

SUGGESTIONS FOR LENT MATERIALS

The season of Lent begins on Wednesday, February 17. Listed below are a couple of free sources for materials to use during the season.

From the Presbyterian Mission Agency: www.presbyterianmission.org/ministries/today/len2021/

From the Pittsburgh Theological Seminary: www.pts.edu/devotional_1

CELEBRATE THE GIFTS OF WOMEN SUNDAY

“God Disrupts Us with Love” | **Matthew 25:35-36** | by **Jennifer L. Lord** | March 7, 2021

If your women’s group or church congregation is meeting virtually, you might be interested in using the 2021 Celebrate the Gifts of Women Sunday materials. This year we honor women who work for transformative change and seek to end poverty and injustice. The Celebrate the Gifts of Women resource appeared in the November/December 2020 issue of *Horizons* magazine. The resource is available as a free download from www.pcusa.org/women and free from the PC(USA) store, 800/533-4371 or www.pcusastore.com; item 27501-21-001.

OUR PRESBYTERIAN WOMEN PURPOSE

Presbyterian Women are guided by a shared purpose, the PW Purpose, which states:

Forgiven and freed by God in Jesus Christ, and empowered by the Holy Spirit, we commit ourselves:

- *to nurture our faith through prayer and Bible study,*
- *to support the mission of the church worldwide,*
- *to work for justice and peace, and*
- *to build an inclusive, caring community of women that strengthens the Presbyterian Church (U.S.A.) and witnesses to the promise of God’s kingdom.*

We hope you and your family are well and staying safe!