



KEEPING IN TOUCH

Presbyterian Women of the Peaks



March 2021 Edition

Please share this mini-newsletter with your ladies about what is happening in the Peaks in support of Presbyterian Women.



SAVE THE DATE – APRIL 24, 2021, beginning at 10 a.m., we will have our Annual Gathering. We want you and your church to participate and to be part of this gathering which will occur virtually via Zoom video conferencing. The invitation for the Zoom instructions can be found at the end of this mini-newsletter. Additional information will be sent in the April edition. We look forward to seeing you and your churches participate.

COVID – We encourage you to follow the CDC Guidelines and stay safe. Remember to get your vaccinations. See your health department's website for more detailed information. We are looking forward to getting together in person soon. Until then, we pray for each of you, and we want you to know that we are thinking about you.



Thinking about Spring Cleaning?

Here are a few tips about sorting and de-cluttering
from Carol Cole, Peaks PW Historian
and a member of Second Presbyterian Church in Roanoke.

- Start with the least-used areas of your home, and work to the inner-most comfort zones. Top and bottom shelves are often home to things we rarely use and probably don't need.
- Sort in piles: Keep, Trash, Give to family/friends, Donate, Sell, Undecided. (Note: If undecided, put aside for a couple of days and come back. If still undecided, best to keep.) Put like items together so you can see your extras and choose favorites.
- Tape a piece of tablet paper to the back of the door, and write down all the chores that need to happen in that room. Check them off as you go along in order to stay focused and organized.
- Yard Sale / Tag Sale: Don't have one. Too much work for not enough gain. Donate instead.

- Start small and set easy goals until you get used to the process. Only plan on one drawer or shelf at a time until you get good at this. Beware: Clean, empty shelves attract clutter like a magnet, and “stuff” reproduces in corners overnight!
- Sometimes gifts aren’t right for us. These can be lovingly re-gifted. Ditto with inherited things. Value your space – don’t let it be full of things that don’t work perfectly for you.
- Be generous to the world. Donate things you no longer like or can use. They are needed out there and will be loved.
- Everybody has someone in their life who will take almost anything and feel lucky to get it. Find that person and let her help you empty the house.
- Warning: Putting old photos into a box in the closet doesn’t make them go away. It only makes it harder to go through them the next time.



Music, Meditation, and the Mind
 by Ashley Stanley
 Peaks PW Search Committee Member

As we enter the twelfth month of the pandemic, some of us have grown accustomed to working from home. Sometimes it is so comfortable returning to our work that we overwork our contracted hours and become mentally exhausted. Music is a powerful tool for overcoming burnout and mental fatigue. Even for those of us who struggle with meditation or even the concept of relaxing, music can help us relax our mind and body without putting pressure on ourselves to do so “perfectly.” Here are some suggestions to get you started:

- Try listening to instrumental music for a few minutes after your lunch break to help reset your focus. *Nu Meditation Music* on YouTube, Classical FM on satellite radio, and the “Classical Piano” station on Pandora are great!

- If you crave quiet, try reading one or two stanzas of a hymn at the end of your workday or prior to your devotional or Bible study. Even without the melody, lyrics and poetry keep their relaxing rhythm.
- According to Quartz columnist Darin McFadyen, our mind's default mode network allows us to be constantly preoccupied with the past and the future (AKA worried). Dancing or listening to upbeat music can have a similar relaxing effect on our mind compared to meditation or reflection. It depends on our mood and energy level. If you feel antsy, restless, and worried, try a two-minute dance break (or toe tapping, or knee slapping). Even listening to a short upbeat song like "Yakety Yak" or "Crocodile Rock" is long enough for our mind to focus on the rhythm and familiar lyrics, rather than our worries.
- Music occurs over time, so it nudges our mind to be in the moment just by its temporal nature. Even listening to a CD or tape as "background music" gives our mind that gentle nudge to stay in the present.

SEND YOUR FAVORITE RECIPES FOR THE COOKBOOK

We are still taking 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 by March 20. Include your name, phone number, and the name of your church, in case we have questions about the recipe.

The recipe below has been submitted for print in the new cookbook. **Millie Turman**, a beloved founding member of Fairlawn Presbyterian Church, used to bake this bread often for members. Pati Roane, Millie's daughter, submitted the recipe on behalf of her mother. Enjoy baking!

Pumpkin Bread

Ingredients:	3 cups sugar	2 tsp soda
	1 cup vegetable oil	1 ½ tsp salt
	4 eggs, slightly beaten	1 tsp allspice
	2 cups pumpkin	1 tsp cloves
	2/3 cup cold water	1 tsp nutmeg
	½ cup nuts	1 tsp cinnamon
	3 ½ cups flour	

Directions: Beat the eggs slightly and add all other ingredients and mix. Grease 2 loaf pans on the bottom and half-way up the sides. Bake 1 hour at 350 degrees or until tests done.

RED DRESS PINS

As mentioned in the February mini-newsletter, the first five ladies to respond to us after reading the newsletter would receive a "red dress" pin. The winners are: Carol Tolley at High Bridge Presbyterian, Natural Bridge; Esther Pennington at High Bridge Presbyterian, Natural Bridge; Laura Crumbley at First Presbyterian, Lynchburg; Kathy Mull at Colonial Presbyterian, Roanoke; and Nancy Alexander at Blacksburg Presbyterian, Blacksburg. Congratulations, ladies!

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.

ANNUAL GATHERING **Saturday, April 24, 10:00 a.m.** **Virtual Gathering**

Listed below are instructions for accessing the virtual gathering. These instructions and other information for the Annual Gathering will also appear in the next mini-newsletter at the end of March. Please share this information with the ladies in your church.

INVITATION VIA ZOOM TO THE APRIL 24 ANNUAL GATHERING:

Helen Dean is inviting you to a scheduled Zoom meeting.

Topic: PRESBYTERIAN WOMEN OF THE PEAKS

Time: Apr 24, 2021 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89808752020?pwd=WEFHsnMzb1RyYjV2d29pbni15VkrXQT09>

Meeting ID: 898 0875 2020

Passcode: 782220

One tap mobile

+16465588656,,89808752020#,,,,*782220# US (New York)

+13017158592,,89808752020#,,,,*782220# US (Washington DC)

Dial by your location.

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 898 0875 2020

Passcode: 782220

Find your local number: <https://us02web.zoom.us/j/89808752020>

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 new Peaks PW Coordinating Team members.



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 Annual Gathering!



The Rev. Dr. Carl Utley will install the new members of the Peaks Presbyterian Women Coordinating Team. He has been in the Peaks for 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 from May 2017 until his recent appointment to the permanent position of General Presbyter of the Presbytery of the Peaks. We thank Dr. Utley for his involvement with and support of Presbyterian Women!

*We hope you and your family are well and
staying safe!
We look forward to being together soon.*