

“BUILDING **PARTNERSHIPS IN CHRIST**, TO
EMPOWER COMMUNITIES OF FAITH TO BE
THE BODY OF CHRIST FOR THE WORLD.”



**The Presbytery Meeting originally scheduled for
Feb. 18, will be held this Thursday, March 4.
You still have time to register for this event.
Registration will open at 8:30 a.m. on Thursday
with the meeting to begin at 9:00.**

Supporting Hospital Workers

Our hospital staff is stressed out, burned out, bummed out, and stretched to the limit. They always work hard to care for people, and covid makes it even harder. Would your church like to bless them and show them the outside world is cheering them on? You have lots of options!

Things you can send on their own:

- candy (especially chocolate!)
- small gift cards for coffee or goodies
- coffee
- cards or notes with support and encouragement
- financial donations for chaplains to purchase things for staff

Things you could put in bags or boxes in the style of Operation Christmas Child:

- any of the above
- fuzzy socks
- lip balm
- small lotions
- other self-care items
- calming activities like small coloring books, word search, sudoku, etc.

All food must be wrapped and bought, not homemade. We may have the option of sharing digital content, such as a short video of your church members sharing encouragement and care for staff. If this could work for you, let's talk.

Please contact Rachel Shepherd

at Rachel.shepherd@centrahealth.com or 434-200-5050

with questions or ideas about how to support our amazing hospital staff!

Make a difference this Lent

One Great Hour of Sharing, in addition to supporting our neighbors in need, promotes lifestyle integrity work and environmental stewardship. Use this resource, designed in partnership with the Presbyterian Hunger Program, to inspire thoughtful practices this Lenten season.



Give up an hour of electricity on March 27.

Participate in Earth Hour by switching off all electricity at 8:30 p.m. local time in solidarity with global efforts to secure nature and our home. Even better – consider giving up Netflix during Lent and using the roughly **\$28** you save in those two months to donate a family of chickens to a family facing food insecurity.



Walk somewhere you would have driven.

U.S. consumption of 500 gallons of gasoline every year per driver creates as much as 10,000 pounds of carbon dioxide. By walking instead of driving, you can save roughly **\$175** this Lent, enough money to support a women's empowerment project in another country.



Give up bottled water.

If you spend \$1 on a 16.9-ounce bottle of water, you're effectively paying \$7.57 per gallon – 3,785 times more than you'd pay for the same amount of water from a faucet! Giving up one bottle of water every day during Lent could save you around **\$60**, enough to donate a sewing machine, a source of income for a person in need.



Set a goal of zero food waste today.

40% of U.S. food supply is wasted each year – that's 219 lbs. per person! Food waste costs the U.S. around \$218 billion per year. When 12% of American households are food insecure, reducing food waste by just 15% could provide enough sustenance to feed more than 25 million people, annually.



Give up food with a high carbon footprint.

Beef and cheese are two foods with a high carbon footprint. Hamburger averages \$3.95/pound. By eliminating this food once a week during Lent, you can save nearly **\$25** and provide up to 10 jerry cans to help in the efficient transportation of water. Calculate your food footprint at eatlowcarbon.org.



Switch from single-use bags to reusable bags.

The average family only recycles 15 bags a year; the rest end up in landfills or as litter. It takes 500+ years for a plastic bag to degrade in a landfill. Unfortunately, the bags don't break down completely but instead photo-degrade, becoming microplastics that absorb toxins and continue to pollute the environment.



Eliminate air travel.

Aviation contributes ~2% of the world's global carbon emissions, and short flights produce a larger amount of greenhouse gas emissions per passenger compared to longer routes. The **thousands of dollars** you can save on a family vacation for four could provide a community farm bundle – including livestock, tools, and training.



Plant a tree.

If every one of America's 85 million gardening households planted just one young shade tree in their backyard or community, those trees would absorb more than 2 million tons of carbon pollution each year. You can also help others plant trees with the gift of a sapling set for **\$30**.



Speak to the powerful.

Urge elected officials to support legislation making justice a priority, such as welcoming refugees. Visit capwiz.com/pcusa/home to reach out to your representative.



Drink only water today.

It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea. By giving up a cup of coffee each day of Lent, you could save roughly **\$125**, enough to donate an emergency food basket.

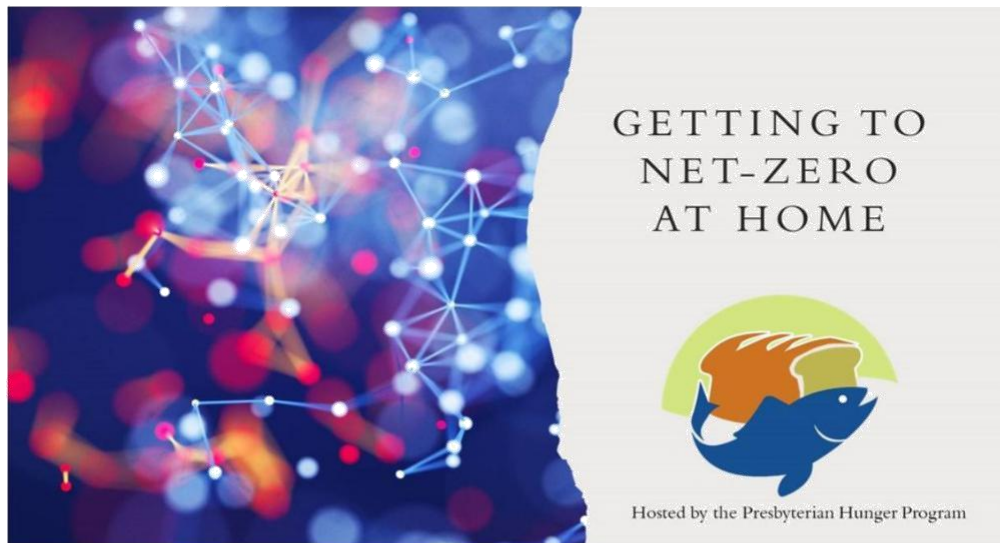
WINTER STORMS



Presbyterian Disaster Assistance is in communication with Presbyterian leadership on the ground in Texas, Oklahoma, Arkansas and Louisiana. We have offered assistance and assessments will be more accessible as power is restored and things begin to thaw. PDA stands ready to assist. Please join us in praying for safety and warmth.

Donations can be mailed to the Presbytery office and designated as

DR000015



Join the Presbyterian Hunger Program on March 10th at 3:00p EDT for this webinar featuring Rev. Dr. Patricia Tull, an environmental theologian, A.B. Rhodes Professor Emerita of Hebrew Bible at Louisville Presbyterian Seminary, and author of *Inhabiting Eden*. Using her own net-zero home in Indiana as a model, Trisha will overview some of the promising ways homes can be built or renovated to become efficient enough to power not only themselves but family transportation and food production.

Join the Zoom meeting at <https://bit.ly/2NlGjFL>



Deadline to order Eco-Palms is March 5

In 2020, 1031 PC(USA) congregations joined thousands of congregations in ordering Eco-Palms, an environmentally friendly product that benefits communities in Guatemala! Across the United States worship and gathering looked much different, sustainable palms provided through this project were used in so many creative ways on Palm Sunday. Working together, we do make a difference!

2021 may still yet be different than our usual experience but the orders of these palms mean livelihood for harvesters, now, more than ever. The Presbyterian Hunger Program hopes demand will be strong this year, too.

To learn more or to order Eco-Palms, visit <https://presbyterianmission.org/ministries/compassion-peace-justice/hunger/enough/eco-palms-2/> Eco-Palms staff can be contacted by phone at 651-487-7189.

Presbytery Calendar

3-2-21	10:00 a.m.	Missions Committee Meeting
3-3-21	1:30 p.m.	Committee Chair Training
3-4-21	9:00 a.m.	Presbytery Meeting

2021 Presbytery Meeting Dates
Mar. 4, 2021 (Feb. 18 Snow Make-up Day)
May 1, 2021 (Saturday)
August 14, 2021 (Saturday)
November 18, 2021 (Thursday)

Peaks Postings is published each week on Tuesday.

Please submit news, events, or prayer requests by noon on Mondays to Julie Burnett at julie@peakspresbytery.org for inclusion in the following issue.

Guidelines for announcements or news items to be featured in Peaks Postings:

- Keep the information to one page or less.
- Use links to web sites rather than including lots of details.
- Please obtain permission from the people pictured in your photos before submitting them to Peaks Postings.

Peaks Postings Editors reserve the right to:

- feature or not feature an article. Our first priority is to feature activities within POP churches and the Presbytery.
- edit submitted articles/announcements.
- limit the number of weeks an article/announcement is featured.

Past issues of Peaks Postings are archived for about six months on [our website.](#)

OFFICE HOURS

MONDAY - THURSDAY

8:30AM - 4:30PM

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